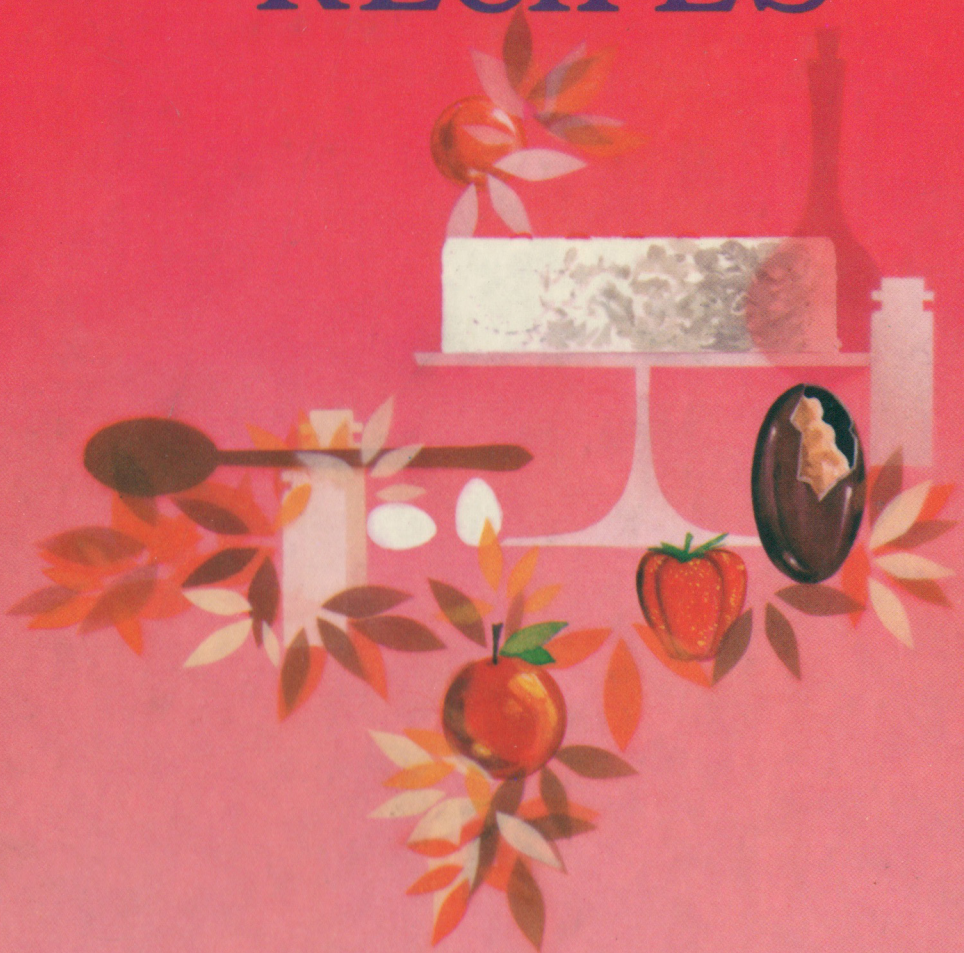
MISS HULLING'S FAVORITE RECIPES



"Where
Cooking and
Baking
Is an Art"

Stephen R. Aptid

SPECIALTY OF THE HOUSE

A GOOD BEGINNING

ENTREES FOR EPICURES

TO MY HUSBAND,
STEPHEN R. APTED,
WHOSE LOVE AND GUIDANCE
WAS A CONSTANT INSPIRATION
AND MADE MY EVERY EFFORT
POSSIBLE

MISS HULLING'S FAVORITE RECIPES

BY
FLORENCE HULLING APTED

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FOREWORD

Visitors to St. Louis who eat at one of Miss Hulling's establishments, either through the advice of a good guidebook or a knowledgeable friend or through incredibly lucky random choice, might think of the name "Miss Hulling" as that of a nonexistent person, perhaps one of those made-up names that abound in the food industry.

Even regular Miss Hulling's customers in St. Louis, who have good cause to know otherwise, might think the person behind the name has become more legend than real in the nearly 40 years since the first of her restaurants came into being.

Nothing could be further from the truth. We happily report that Miss Hulling is very much a real person and still a guiding force in the kitchens where her prowess has made her seem a legendary figure.

To her devoted employees, she is "Miss Florence," even though she is more accurately "Mrs. Apted," widow of Stephen R. and mother to Stephen J. Apted, both of whom also played a prominent role in building and extending the Hulling's name in the restaurant world.

It was in the Depression year of 1930 that Florence Louise Hulling, a young Illinois farm girl who had come to St. Louis to seek a job as a telephone operator, opened her first cafeteria-style restaurant in the downtown business district.

Finding that telephone jobs were scarce, she had turned to the role she knew best from her farm upbringing—that of cook and housekeeper. This had led her to a job with the Child's restaurant chain in St. Louis, and it was here that she learned her trade, from waitress right up to head of the cafeteria department.

Thrift was another farm heritage that stood her in good stead; she had managed to save $600 and, when a restaurant in a downtown hotel went under in the Depression tidal wave, she put up her entire savings for the first month's rent to take over the operation.

She has often said laughingly that she went into business "on $600 and a prayer." In other words, faith. And, of course, talent.

Since young Stephen Apted has carried the Hulling's tradition of fine food into three elegant new restaurants in the St. Louis area, with decors as distinctive and tasteful as the food, even more people have been exposed to the delights of a Hulling's menu.

It used to be that wives in suburban St. Louis had to go on a downtown shopping tour to sample the food that their husbands raved about when they came home evenings after lunch at one of the two Hulling's cafeterias downtown. Now they can wheedle their husbands into taking them to dinner at surburban Cheshire Inn or The Cupboard, or the riverfront Open Hearth, and taste it for themselves.

For the first time, a hardback, comprehensive collection of Miss Hulling's favorite recipes has been compiled in this edition which we proudly present.

In her typical meticulous attention to detail, Miss Florence insisted that every recipe in the book be tested by a novice to see if the instructions were clear and easy to follow and the results as assured as any recipe can make possible.

We are sure that you will be satisfied when you put these recipes to the test in your own kitchen and serve the results to your family and guests.

Why, you may ask, is Miss Hulling willing to share her valuable secrets? The answer is easily found in her personal philosophy:

"I love food. I love people. I want them to enjoy putting their feet under my table."

To all of you who share that philosophy and that joyous view of life, she happily dedicates this book.

THE PUBLISHERS

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Miss Hulling says "Good food is Good Health." These award-winning recipes are truly representative of "What's Cooking" in her many, many kitchens.

SPECIALTY OF THE HOUSE

A GOOD BEGINNING

ENTREES FOR EPICURES

VEGETABLES

SALADS

SPECIALTY OF THE HOUSE

CHAMPIGNON PARISIENNE *(mushrooms stuffed with crabmeat over savory rice)*

CHESHIRE INN
7036 Clayton Avenue at Skinker

BOEUF BURGUNDY

THE CUPBOARD
8215 Clayton Road

CARROT MARSHMALLOW SALAD

MISS HULLING'S
11th & Locust

CREAMED SPINACH

MISS HULLING'S
8th & Olive

CHEESE BLINTZ

OPEN HEARTH
Bel Air East
4th & Washington

CHAMPIGNONS PARISIENNE

(Mushrooms stuffed with crabmeat with sherry cheese sauce over savory rice)

CRABMEAT STUFFING

- 1 tablespoon chopped onion
- 4 tablespoons butter
- 6 tablespoons flour
- 1 1/2 cups hot milk
- 1/3 cup cream
- 1 1/2 pounds crabmeat—flaked
- 1 egg—beaten
- 1 teaspoon Worcestershire
- 1/16 teaspoon cayenne pepper
- 1 1/2 teaspoons salt
- 2 tablespoons chopped parsley
- 1/2 teaspoon sugar
- 1 tablespoon lemon juice
- 1 cup stale bread crumbs

Saute onions in butter until clear but not brown. Add flour to make a roux.

Add hot milk and cream and cook over low heat until thickened.

Add remaining ingredients and mix until well combined.

Refrigerate until ready to assemble.

Select large mushrooms (4 to 5 per person, depending on the size). Remove caps carefully, reserving the stems for SAVORY RICE.

Simmer mushroom caps in butter deep enough to cover (about 3 minutes). Drain in a strainer. Set aside.

SAVORY RICE

- 1 small onion—chopped
- 1 small green pepper—chopped
- 3 tablespoons salad oil
- 1 1/2 cups uncooked rice
- chopped mushroom stems
- 3 to 4 cups strong chicken stock
- 2 tablespoons chopped pimento

Saute onions and peppers in oil until onions are clear but not brown.

Add rice, and saute until coated with oil.

Add chicken stock, cover, and simmer until rice is done. Do not over-cook.

If rice is too dry, add more stock. Salt and pepper to taste and add pimento last for color.

Helpful hint: Chicken bouillon cubes and water may be used to replace chicken stock.

Tired??? Pull up a chair and sit down.

SHERRY CHEESE SAUCE

- 1/2 cup butter
- 1/4 cup flour
- 1/4 pound grated Cheddar cheese
- 1 cup milk
- 1 tablespoon Worcestershire
- 1/2 teaspoon paprika
- 3/4 cup sherry wine

Melt butter, add flour to make a roux.

Add cheese, stirring until cheese is completely melted.

Add milk gradually, mixing until smooth.

Add seasoning.

Add wine last after removing from the heat.

TO MAKE CASSEROLE DISH

Stuff mushroom caps generously with crabmeat mixture.

Place a bed of savory rice in a shallow casserole or individual serving dishes. Top with mushroom caps (stuffed side down) and press into the rice.

Spoon sherry cheese sauce over each mushroom cap.

Sprinkle lightly with paprika and place under a broiler to heat and until lightly browned. Serve piping hot.

Makes 8 generous servings

BOEUF BURGUNDY

- 1 pound lean beef—cut in finger size strips
- 1 small onion—cut in 1/2 inch wedges
- 2 tablespoons butter or margarine
- 2 cloves garlic (pressed) or 1/8 teaspoon garlic powder
- 1/2 pound fresh button mushrooms (if large—cut in quarters)
- 1 tablespoon flour
- 1/2 cup Burgundy
- 1/2 cup catsup
- 1 cup water
- 2 teaspoons salt
- 1/2 teaspoon black pepper

Saute onions and garlic in butter or margarine until onions are clear. Remove from pan.

Dredge beef with flour and brown in a sauce pan. Add mushrooms when meat is half browned. Add sauteed onions.

Mix wine, water and catsup and pour over all. Add salt and pepper.

Simmer in an oven at 300° or over low heat until meat is tender (1 to 1½ hours).

Add extra water if it evaporates during cooking.

Serve over savory rice, saffron rice or buttered noodles. Serves 4.

CARROT MARSHMALLOW SALAD

- 3½ cups shredded carrots
- 1 cup tiny marshmallows
- ¼ cup pineapple (cut in ½ inch pieces)
- 1 cup seedless raisins
- ½ cup shredded cocoanut
- 1 cup mayonnaise
- 1 cup whipped cream

Peel carrots. Shred with a coarse shredder into a mixing bowl.

Add marshmallows, pineapple, raisins and cocoanut. Toss lightly to mix.

Combine the mayonnaise with the carrot mixture.

Carefully fold in the whipped cream.

Serve in crisp lettuce cups. Garnish top with additional cocoanut if desired.

This makes 6 to 8 servings.

Helpful Hint: If the carrots are very moist, it may be necessary to reduce the amount of mayonnaise.

One pound of carrots should make 3½ cups.

We have found that this salad freezes nicely. Eat it frozen or thaw and serve as fresh.

MISS HULLING'S CREAMED SPINACH

Defrost two boxes (10-ounce size) of frozen leaf spinach.

Place in strainer or cloth and press out as much juice as possible. Save the juice.

Grind the spinach through a coarse grinder or food chopper.

Ingredients for Sauce:

- 1½ tablespoons bacon fat
- 1½ tablespoons chopped onion
- 2 tablespoons flour
- ½ cup milk
- ½ cup spinach water
- 1½ teaspoon salt
- 1/16 teaspoon white pepper

Saute onions in fat until clear but not brown.

Add flour and blend.

Add milk and spinach water, stirring rapidly until sauce thickens.

Simmer slowly for 5 to 7 minutes. Add seasoning and strain.

Add ground spinach and heat barely to serving temperature.

Overcooking at this point causes spinach to lose its bright green color.

Serves 6 to 8.

FRENCH PANCAKES FOR CHEESE BLINTZ

- 3 eggs
- ½ cup milk
- 5 tablespoons flour
- 2 tablespoons sugar
- ½ teaspoon salt
- ½ cup milk
- 2 tablespoons melted butter

Mix ½ cup milk with eggs.

Add flour, sugar and salt and beat until smooth.

Add remaining milk and butter and mix well.

Spoon or pour ¼ cup batter on griddle or skillet heated to 350°

Turn when golden brown and brown again.

Roll up with a spatula and serve with your favorite butter or sauce.

Yield: about 2 cups batter.

For Blintzes: Stack cakes on an inverted plate, and cool before shaping blintzes.

CREPES MAGNOLIA

For a truly exquisite dessert, or an item for Sunday Brunch, shape each French Pancake in a roll. (Allow 3 per person).

Place close together in a shallow baking pan.

Brush generously with melted butter, sprinkle with brown sugar and place under a broiler until the sugar bubbles.

Watch closely so the sugar does not burn.

Serve immediately.

FILLING FOR CHEESE BLINTZ

1 1/2 cups dry cottage cheese
4 ounces cream cheese
1 egg yolk
1 tablespoon sugar
1/8 teaspoon salt
1/2 teaspoon vanilla

Press excess water from cottage cheese in a cloth or strainer.

Cream in mixer or beat until cheese is smooth.

Add remaining ingredients and mix to blend well.

Refrigerate for easier handling.

TO MAKE BLINTZ

Place 3—4 tablespoons filling in the center of each pancake.

Shape in a 2 1/2—3 inch roll. Fold sides toward center and roll up.

Place close together on a tray. Brush tops with melted butter.

Cover and refrigerate until ready to use.

Heat in a moderate oven 8—10 minutes or in butter in a skillet.

Serve with sour cream topped with sliced sweetened strawberries or orange sauce.

Yield: 8—10 Blintz

ORANGE SAUCE FOR BLINTZ

1 cup frozen orange juice concentrate
1 cup granulated sugar
1/2 teaspoon grated orange rind

Mix all ingredients and simmer 3 to 5 minutes. Stir occasionally to prevent burning.

Serve warm.

Tempting appetizers to tantalize the appetite for the feast to come. Your favorite soups . . . some hearty enough for a complete meal.

A GOOD BEGINNING

BENEDICTINE DIP
SHARP CHEESE DIP
PARTY CHEESE BALLS
CERVELAT WEDGES

PECAN BON-BONS
CHICKEN LIVER SPREAD
MUSHROOMS STUFFED WITH CRABMEAT
SAUERKRAUT BALLS

BARBECUED SAUSAGEBURGERS
COOKED SHRIMP FOR COCKTAILS AND SALADS
COCKTAIL SAUCE
WING-DINGS

HORSERADISH ORANGE MARMALADE
BEEF STOCK FOR SOUPS OR SAUCES
CHESHIRE INN SOUP
CHICKEN GUMBO

CREAM OF GREEN PEA SOUP
KNICKERBOCKER BEAN
LENTIL SOUP
NEW ORLEANS SHRIMP GUMBO

MANHATTAN CLAM CHOWDER
OXTAIL SOUP
POTATO CHOWDER
TOMATO BEAN SOUP

BENEDICTINE DIP

1 pound cream cheese
1 medium cucumber
1 tablespoon grated onion
½ teaspoon salt
6 drops green color

Allow cream cheese to stand at room temperature until soft enough to cream.
Chop cucumber fine, do not peel.
Drain in a colander while cheese is softening.
Blend all ingredients well and chill thoroughly before serving.
Yield: about 3 cups

SHARP CHEESE DIP

6 ounces cream cheese
¾ cup light cream
1 cup grated sharp cheese
1 teaspoon Worcestershire
2 teaspoons prepared mustard
2 teaspoons onion juice or grated onion
¼ teaspoon Tabasco
pinch of black pepper

Bring cream cheese to room temperature.
Add remaining ingredients and blend thoroughly.
Chill before serving

For Variety:
Replace sharp cheese with 2 tablespoons anchovy paste or chopped anchovies and 1 tablespoon lemon juice.
Sprinkle top with crumbled crisp bacon.
Press a clove or two of garlic into Sharp Cheese Dip.
Replace sharp cheese with ½ cup crumbled blue cheese and add 1 tablespoon wine vinegar

PARTY CHEESE BALLS

For all the following recipes:
Soften cream cheese in a bowl over warm water.
Add remaining ingredients and blend well.

Chill in refrigerator before shaping.
All of these recipes yield approximately one pound.

SHARP CHEESE BALL

12 ounces cream cheese
1 cup grated sharp cheese
1 tablespoon onion juice or grated onion
6 drops Tabasco
paprika if desired (this gives a yellow color)
1 teaspoon prepared mustard
1 tablespoon chopped pimento
¼ teaspoon coarse black pepper
¼ teaspoon salt
1 teaspoon Worcestershire

SWISS CHEESE BALL

12 ounces cream cheese
½ cup grated Swiss cheese
1½ tablespoons horseradish
¼ teaspoon salt
1 teaspoon Worcestershire

OLIVE AND PIMENTO

12 ounces cream cheese
½ cup chopped stuffed olives
1 tablespoon onion juice or grated onion
extra pimento if desired

OLIVE AND NUT

12 ounces cream cheese
¼ cup chopped stuffed olives
¼ cup chopped pecans
¼ teaspoon salt

BLACK OLIVE AND BACON

12 ounces cream cheese
¼ cup chopped crisp bacon bits
¼ cup chopped black olives

HARLEQUIN

12 ounces cream cheese
½ cup minced cured meat (cervelat, bologna, summer sausage, italian sausage, baked ham etc.)
1 tablespoon horseradish
1 teaspoon Worcestershire
2 tablespoons chopped sour or dill pickle
6 drops Tabasco
1 tablespoon onion juice or grated onion
1 teaspoon prepared mustard
2 tablespoons chopped pimento

PIMENTO CHEESE BALL

12 ounces cream cheese
½ cup chopped pimento
½ cup sharp grated cheese
1 teaspoon prepared mustard
3 drops Tabasco
¼ teaspoon salt
1 teaspoon Worcestershire

ANCHOVY CHEESE BALL

12 ounces cream cheese
3 ounces anchovies (chopped fine)
1 teaspoon prepared mustard
2 tablespoons lemon juice
¼ teaspoon coarse black pepper
¼ teaspoon salt (if anchovies are not too salty)

Helpful Hint: Try using the bacon bits for coating for the cheese balls. They are more apt to stay crisp, and they are decorative.

CERVELAT WEDGES

12 thin slices cervelat
6 ounces cream cheese
2 teaspoons prepared horseradish
½ teaspoon Worcestershire
dash of black pepper

Blend cream cheese with remaining ingredients.
Spread evenly on 9 slices of cervelat.
Stack 3 layers, one on top of another and top with plain slice of cervelat.
Press together so top is flat.
Wrap in foil and refrigerate until very firm.
Cut each stack in 12 pieces as you would a cake.
Lay the wedge on the side to show the layers of meat and cheese.
Yield: 36 wedges

PECAN BON-BONS

Shape cream cheese in ½ inch balls or oblongs and roll in finely chopped pecans.
Serve in paper candy cups. These look exactly like candy.
Cheese may be mixed with chopped stuffed olives, pimento, blue cheese or sharp cheese before shaping.

CHICKEN LIVER SPREAD

½ pound of chicken livers
1 hard cooked egg—chopped fine
½ cup mayonnaise
1½ tablespoons prepared mustard
½ teaspoon grated onion
⅛ teaspoon salt
1/16 teaspoon black pepper

Dredge chicken livers in flour. Sprinkle lightly with salt.
Saute until golden brown in a small amount of fat in a skillet.
Cool the livers and chop fine.

Add remaining ingredients, mix well to combine.

Use as appetizers, spread on thin slices of party rye bread or crackers.

Yield: about 2½ cups

MUSHROOMS STUFFED WITH CRABMEAT

- Medium sized mushroom caps
- Crabmeat filling (see Champignon Parisienne)
- 1 cup milk
- 1 egg
- flour and bread crumbs for breading

Fill mushroom caps with crabmeat stuffing. Shape in a round ball.

Beat egg with milk.

Dip mushrooms in egg mix, roll in flour, moisten again in the egg mix, roll in crumbs.

Fry in deep fat at 365° until golden brown.

Serve hot.

These may be prepared in advance, refrigerated, and fried just before serving.

Helpful Hint: Serve Crabmeat Stuffed Mushrooms with savory rice as an entree.

SAUERKRAUT BALLS

- ¼ pound lean boneless ham
- ¼ pound lean boneless pork
- ¼ pound lean boneless corned beef
- ½ cup chopped onion
- ½ teaspoon minced parsley
- 1½ tablespoons shortening
- 1 cup all purpose flour
- ½ teaspoon salt
- ½ teaspoon dry mustard
- 1 cup milk
- 2 cups well-drained sauerkraut
- 1 egg beaten with ¼ cup milk
- dry bread crumbs

Grind meat, onion and parsley through fine food chopper.

Blend well and saute in a skillet in shortening until lightly browned.

Add flour, mustard, salt, and milk and cook while stirring, until thick.

Add the drained kraut and grind again in food chopper.

Return to skillet and cook again; stirring until very thick.

Chill.

Form into balls the size of walnuts.

Roll in flour, dip in egg and milk mixture and coat with bread crumbs.

Fry in deep fat at 365° until brown.

Yield: 50 sauerkraut balls

BARBECUED SAUSAGEBURGERS

- 1 pound of bulk pork sausage
- ¾ cup chopped onion
- ½ cup water
- 1 cup tomato puree or seasoned tomato sauce
- ¼ cup catsup
- 1 tablespoon Worcestershire
- 1 teaspoon salt
- tiny buns or sliced party rye

Shape sausage in 1 inch balls or patties. Brown in skillet.

Add onion and saute until clear. Drain off fat.

Add remaining ingredients. Cover and simmer for 30 minutes.

Serve as an appetizer on tiny buns or rounds of party rye.

Yield: about 30 sausage balls or patties.

COOKED SHRIMP FOR COCKTAILS OR SALAD

- 1 pound shrimp in the shell (frozen or fresh)
- 1 quart water
- ¼ teaspoon cayenne pepper
- 1 cup cider vinegar
- ½ clove garlic
- ¼ cup sliced onion
- 1 small bayleaf
- 2 slices lemon
- 1½ teaspoons salt

Thaw frozen shrimp in cold water.

Bring remaining ingredients to a rolling boil.

Add shrimp, bring to a boil and boil for 1 minute. Remove from heat and let cool in the liquid.

Peel, de-vein, and rinse in water in which shrimp were cooked.

If shrimp are not to be used at once, store in refrigerator in liquid in which shrimp were cooked.

COCKTAIL SAUCE

1 cup catsup
1 cup chili sauce
¼ cup grated horseradish
3 tablespoons lemon juice
10 drops Tabasco
¼ teaspoon sugar

Mix all ingredients to combine. Use as a sauce for boiled or French fried shrimp or other seafoods.

Yield: 2¼ cups

WING DINGS

Disjoint chicken wings; roll in flour seasoned with salt and pepper.

Fry in a small amount of fat in a skillet, turning so all sides are golden brown.

Drain well on paper toweling.

Serve warm as a finger food with:

HORSERADISH ORANGE MARMALADE

Combine 1 cup orange marmalade with 2 teaspoons prepared horseradish. Use paper frills on each Wing Ding for decoration or for fastidious eaters.

BEEF STOCK FOR SOUP OR SAUCES

1 pound beef bones—a split shank and veal knuckle are a good combination for stock. Or use the bones cut from meat that is to be cooked, boned.

Heat slowly in stock pot until meat and fat are well browned on all sides.

When browned add:

4 quarts cold water
4 tablespoons salt

Heat almost to boiling, then let simmer, covered, until meat on bones is almost tender. The objective is to have all of the flavor in the stock with little loss of liquid.

Add:

1 medium onion—peeled and sliced
2—3 carrots—peeled and sliced
3 blades celery with leaves—cut in pieces

Continue simmering until vegetables are tender and marrow has loosened from bones. Strain and cool.

The meat and marrow may be taken from bones and used in vegetable soup or added to hash. It requires about 3 hours to prepare stock but takes very little attention if temperature is adjusted to keep under boiling. The stock is used for soup, sauces, or as a base for consomme or aspic. Stock may be stored in covered glass or stainless jars for several days in refrigerator.

CHESHIRE INN SOUP

¾ pound lean beef
1¼ cups beef stock or bouillon—boiling hot
1 cup chopped onion
½ cup diced carrots
½ cup diced celery
½ cup canned tomatoes—crushed
1 teaspoon salt
½ teaspoon sugar
¼ teaspoon pepper
1 tablespoon flour
2½ tablespoons pearl barley—steamed or boiled until tender
¾ teaspoon Kitchen Bouquet

Grind beef through a coarse food chopper.

Braise in very little shortening in a heavy pot until lightly browned. Do not overcook. Leave in lumpy pieces.

Add stock, vegetables and seasonings.

Cover and simmer until vegetables are barely tender.

Skim fat from soup. Mix with flour in a skillet and brown lightly.

Add about 1 cup of broth from soup and cook until clear.

Add to soup pot.

Add cooked barley and Kitchen Bouquet for color and flavor.

Taste and if necessary, add more salt to suit your taste.

Yield: about 1½ quarts

CHICKEN GUMBO

- 1 cup chopped onion
- 1 cup cubed carrots
- 1 cup cubed celery
- 1 1/2 tablespoons chicken fat or butter
- 3 3/4 quarts chicken stock
- 2 cups canned tomatoes—crushed
- 1 pound fresh okra—cut in 1/4 inch slices
- 1/3 cup raw rice
- 4 teaspoons salt
- 1/4 teaspoon white pepper
- 1 cup cubed or shredded chicken

Saute onion, carrots and celery in fat until onion is clear. Add remaining ingredients and simmer, covered until vegetables are soft and flavors are well blended. (about 45 minutes)

Note: If fresh okra is not available, use frozen sliced okra.

Yield: about 4 quarts

CREAM OF GREEN PEA SOUP

- 1 cup cubed potatoes
- 1 pound frozen green peas
- 1/4 cup chopped onion
- 2 3/4 cups water
- 3 tablespoons butter
- 2 cups milk
- 2/3 cup coffee cream
- 1 1/4 teaspoons salt
- 1/8 teaspoon white pepper

Boil vegetables with water and butter until potatoes are tender.

Puree mixture in a blender and strain through a sieve.

Add milk, cream and seasonings.

Heat to boiling and top each serving with a spoon of whipped or sour cream.

Yield: about 2 quarts

KNICKERBOCKER BEAN SOUP

- 1 pound of Great Northern beans
- 3 quarts water
- 1 ham bone
- 1/4 pound salt pork
- 1 cup canned tomatoes—crushed
- 1/2 green pepper
- 1 large rib celery
- 1/4 teaspoon thyme or 1/2 small bayleaf
- 1 teaspoon sugar
- 2 peeled diced potatoes
- 1 teaspoon salt
- 1 Bermuda onion—sliced
- 3 or 4 peeled carrots
- 1/2 teaspoon black pepper

Wash beans and soak overnight in cold water.

Cut all traces of brown skin from ham bone.

Leave the salt pork in one piece so it is easy to remove.

Rinse ham bone and salt pork.

Place in a large saucepot, cover with water and bring to a boil. Let water boil for about 1/2 hour, then remove all accumulated foam.

Add beans and cover the kettle. Simmer slowly for about 3 hours.

Add remaining ingredients and cook 1 hour or longer until beans are soft and vegetables are cooked.

Remove from heat and cool; then remove salt pork, ham bone, celery, bayleaf, and, if desired, the onions and carrots. However, the carrots, if mashed, add much to the flavor of the soup.

Taste for seasoning and adjust if needed.

If particles of fat remain floating on top of soup, skim off after soup has cooled.

Reheat and serve piping hot.

Makes about 4 quarts.

LENTIL SOUP

- 1 cup lentils
- 2 quarts water or beef stock
- 1 small bayleaf
- 2 teaspoons salt
- 2 tablespoons bacon fat
- 2/3 cup chopped onion
- 2/3 cup chopped celery
- 2/3 cup chopped carrots
- 1/4 teaspoon black pepper
- pinch of thyme
- 1/2 cup canned tomatoes—crushed
- 2 frankfurters—sliced thin

Rinse lentils and boil slowly with salt and bayleaf in water 30—40 minutes or until lentils begin to break up.

Remove bayleaf.

Saute onions until clear in bacon fat. Add to soup pot with all remaining ingredients except frankfurters.

Simmer 15—20 minutes longer.

Add sliced frankfurters during last 5 minutes of cooking period.

Yield: about 2 quarts

NEW ORLEANS SHRIMP GUMBO

- 1 2/3 cups chopped onion
- 1 2/3 cups chopped celery & leaves
- 1/4 cup butter
- 1 clove garlic—chopped fine
- 1 cup green pepper—cut in 1/2 inch cubes
- 3/4 pound fresh okra—sliced in 1/4 inch slices
- 1 large tomato—chopped
- 1 pound shrimp in the shell or 12 ounces cleaned and deveined—cut in 1/2 inch pieces
- 1/2 cup chopped green onion tops
- 1/4 cup chopped parsley
- 1 small bayleaf
- 2 1/2 quarts hot water
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper
- 1 1/2 teaspoons sugar
- 2 cups cooked rice

Saute onion and celery in butter until clear.

Add garlic, green pepper, okra and saute lightly.

Add tomato and shrimp and heat until shrimp is pink.

Add remaining ingredients and simmer until vegetables are soft and flavors well blended (25—30 minutes).

Remove bayleaf.

To serve: Place rounded soup spoon of cooked rice in soup bowl. Ladle soup over rice.

Note: If fresh okra is unavailable, use frozen, not canned.

Yield: about 3 quarts

MANHATTAN CLAM CHOWDER

- 1/4 cup butter
- 1/4 cup chopped onion
- 2 tablespoons flour
- 1 cup water
- pinch of paprika
- pinch of pepper
- 1 1/2 teaspoons salt
- pinch of thyme
- 2 cups canned tomatoes—crushed
- 2 cups chopped clams
- 2 cups clam juice
- 1 1/2 cups cubed celery
- 2 cups cubed potatoes
- 1/2 cup cubed green peppers

Saute onion in butter until clear.

Add flour and stir to combine.

Add water and bring to a boil.

Add remaining ingredients and simmer, covered until vegetables are tender. (25—30 minutes)

Yield: about 2 quarts

OXTAIL SOUP

- 1/2 pound of oxtails—cut in 1 inch pieces
- 2 3/4 quarts cold water
- 1 tablespoon salt
- 2/3 cup pearl barley
- 3/4 cup canned tomatoes—crushed
- 1/2 cup chopped onion
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 1/2 cup potatoes
- 1/2 cup cubed cabbage
- 1/2 cup cut green beans
- 1/4 cup frozen peas
- 1/4 cup frozen corn
- 1/4 cup frozen lima beans
- 1/4 teaspoon black pepper

Add water to oxtails and salt and simmer covered for 1 hour.

Add barley and continue cooking slowly for 1/2 hour, stirring occasionally so barley does not stick.

Add tomatoes, onion, celery, carrots and potatoes and simmer for 15 minutes. Add remaining ingredients and cook only until cabbage is tender (about 15 minutes). Total cooking time is 2 hours.

Add chopped parsley to each serving if desired.

Yield: about 3 quarts

POTATO CHOWDER

- 3 tablespoons butter
- 1/2 cup sliced onions
- 2 tablespoons flour
- 3 1/4 cups hot milk
- 1 pound potatoes—peeled and sliced thin
- 1/2 cup celery—chopped fine
- 1/2 cup shredded carrots
- 1/4 cup of water
- 2 teaspoons salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon monosodium glutamate
- 2 tablespoons green onion tops
- 2 tablespoons chopped parsley

Saute onions in butter until clear but not brown.

Add flour and blend.

Add milk and let come to a boil.

Put potatoes, celery, carrots and water in a saucepan and simmer until tender. Add to the cream sauce.

Season with salt, pepper and monosodium glutamate.

Garnish with green onion tops and parsley.

Serves 6 to 8

TOMATO BEAN SOUP

- 2 cups Great Northern beans
- 1 1/2 quarts water
- 1 ham bone or small ham hock
- water to cover
- 2 tablespoons chopped onion
- 1/2 small clove garlic—crushed
- 4 tablespoons bacon fat
- 1/2 cup crushed canned tomatoes
- 1/4 teaspoon white pepper
- 1 teaspoon salt

Wash beans and soak over-night in cold water.

Cover ham hock or ham bone with water and simmer slowly for 2 hours or until meat can be easily separated from the bones.

Strain off stock and pick meat from the bones.

While ham is cooking, simmer beans 1 1/2 to 2 hours or until beans are tender, adding additional water if necessary.

Saute onion and garlic in bacon fat until clear.

Add 1 quart of ham stock and bring to a boil, then the beans and broth, and remaining ingredients.

Bring to a boil and simmer until flavors are well blended.

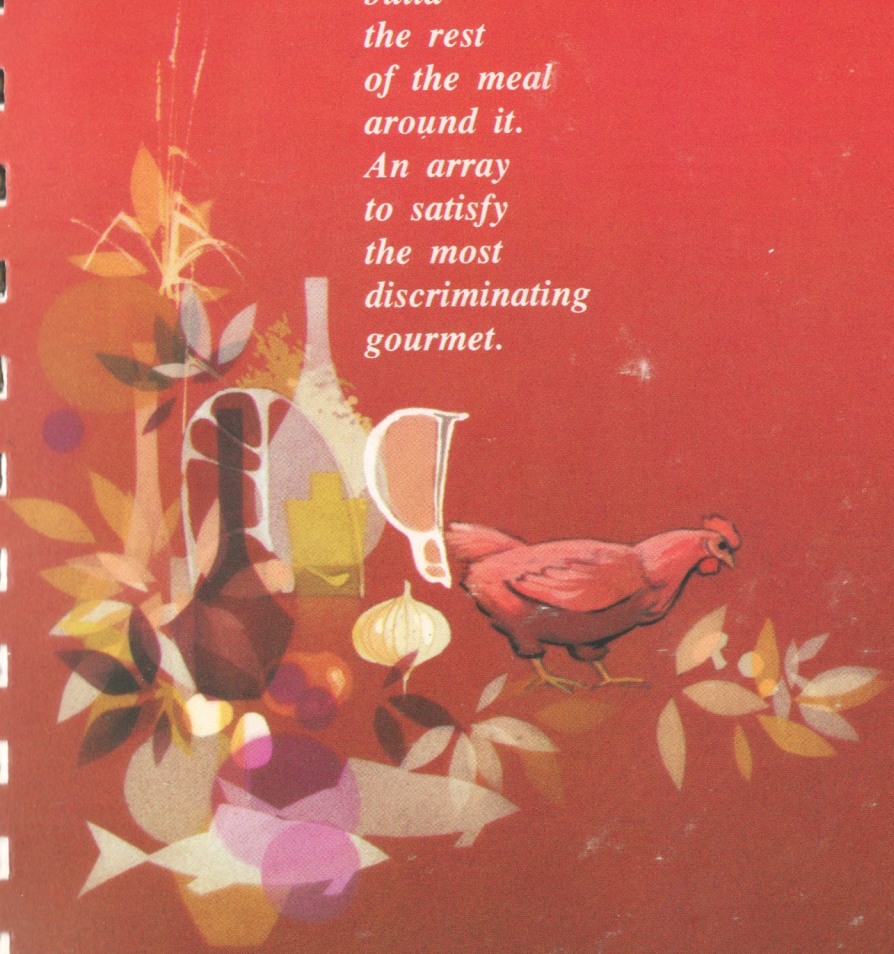
Taste for seasoning and add extra salt if necessary.

Add flecks of ham that have been picked from the bones.

Yield: about 3 quarts

Helpful Hint: Use remaining ham for a casserole dish or minced ham for sandwiches.

Select the entree first and build the rest of the meal around it. An array to satisfy the most discriminating gourmet.



BREAD 'N BUTTER

DESSERTS THAT DELIGHT

ENTREES FOR EPICURES

VEGETABLES PLAIN & FANCY

SALADS THAT SATISFY

ENTREES FOR EPICURES

BEEF MUSHROOM CASSEROLE
'DOWN ON THE FARM' FRIED CHICKEN
COUNTRY GRAVY—FOR REAL!!!
ROAST SPRING CHICKEN

CELERY BREAD DRESSING FOR CHICKEN
TURKEY OR PORK
CHILI
ROAST DUCKLING WITH ORANGE SAUCE
ORANGE SAUCE FOR ROAST DUCKLING

EGGS SUPREME
MEAT BALLS AND MACARONI
SAUCE FOR MEAT BALLS AND MACARONI
SAVORY MEAT LOAF—SAUCE PIQUANT

MEAT SAUCE FOR SPAGHETTI
DEVILED PORK CHOPS
PORK PAGODA
POULET CAPITAN

SOUR CREAM NOODLE BAKE
STUFFED PEPPERS SUPREME
OVEN BAKED DEEP SEA WHITEFISH
CAPERS VINAIGRETTE

STEAKETTE SAUCE FOR HULLINGBURGERS
CREOLE MUSHROOM WINE SAUCE FOR BAKED FISH
BARBECUE SAUCE

BEEF MUSHROOM CASSEROLE

1 cup fine noodles (broken)
1 quart boiling salted water
1 pound of ground lean beef
1 1/2 cups sliced fresh mushrooms
1 cup sliced onions
1 1/2 cups chopped green pepper
1 tablespoon butter
3/4 teaspoon salt
1/4 teaspoon black pepper
1 1/2 cups canned tomatoes—crushed
1 cup grated Cheddar cheese

Cook noodles in boiling salted water. Drain. Set aside.

Saute beef in a heavy pot until lightly browned.

In a separate skillet, saute mushrooms, onions, and green pepper in butter until onions are clear. Do not brown.

Add to meat with seasonings and tomatoes. Bring to a boil.

Remove from heat, add noodles.

Pour into a 2 quart casserole. Top with grated cheese.

Bake at 350° until cheese is melted and casserole is piping hot (10—15 minutes).

Yield: 6 generous servings

'DOWN ON THE FARM' FRIED CHICKEN

Select 2 to 2 1/2 pound spring chickens. Cut into desired pieces.

Dip in milk; lay pieces on a tray to drain.

Sprinkle with salt and pepper. Roll in flour that has been seasoned with salt and pepper. Dust off excess flour.

Heat 1/4 inch melted fat in a heavy iron skillet.

Place floured chicken in hot fat, cover and pan-fry until chicken is brown on one side. Remove lid and turn pieces over. Continue frying until brown.

A few minutes before removing from pan, add 1/4 cup of hot water. Replace lid immediately, and leave on until bubbling stops.

Remove lid and fry until all water is cooked out and crust becomes crisp.

COUNTRY GRAVY—FOR REAL!!!

Use the same skillet for gravy that was used for frying the chicken.

Pour off all but 2 tablespoons of the fat. Use the drippings and crunchy bits; this is what makes country gravy extra tasty.

Blend 2 tablespoons of flour into the fat and drippings.

Add 1 quart of hot milk gradually, stirring constantly. Bring to a boil and continue cooking 3 to 5 minutes until the gravy is glossy and the desired thickness.

Add a pinch of pepper and enough salt to suit your taste.

Serve "Down on the Farm" Fried Chicken and hot biscuits and hear your guests holler for seconds.

ROAST SPRING CHICKEN

Use 2 1/2-3 pound fryers. Clean well, removing pin feathers and oil bag. Singe hairs over gas flame or with burning paper. Check to see that windpipe has been removed.

Take giblets from inside chicken and wash and trim as needed. Be certain all of gall is removed from the liver. Remove lungs and kidneys from inside the chicken.

Wash well under running cold water, but do not allow chicken to soak in water.

Dry with paper towels.

Rub lightly with salt.

Place chicken on rack of roasting pan; brush well with melted butter or margarine, being sure that all of surface is well coated.

Sprinkle breast and legs with a light coating of flour.

Roast at 450° for 35 minutes, basting frequently.

Turn heat to 500° for 20 minutes to give a golden brown color to chicken.

Continue basting until roasting is completed.

Helpful Hint: Young chickens may be split down the center and roasted on a mound of dressing.

CELERY BREAD DRESSING FOR CHICKEN, TURKEY OR PORK

- 1 1-pound loaf stale white bread
- 1½ cups chopped onion
- 3½ cups chopped celery
- 6 tablespoons chicken fat or butter
- ¼ cup chopped parsley
- ⅓ cup chopped celery leaves
- 2 teaspoons salt
- ½ teaspoon white pepper
- ¾ cup pork or chicken stock
- 2 slightly beaten eggs

Tear bread into ½ inch pieces.

Saute vegetables in fat until clear. Do not brown. Cool slightly.

Add to bread with remaining ingredients and mix lightly, but thoroughly.

Pile loosely into a buttered baking pan and bake ½ hour at 350°.

Loosen with a spoon and turn dressing and continue baking for 15 minutes or until top is lightly browned.

Serve with pork, veal or fowl.

Helpful Hint: For celery-apple dressing, replace one-half of the celery with cored and chopped apples. Do not peel. Wonderful with roast pork or to use for stuffed pork chops.

Miss Hulling recommends baking dressing in a separate pan for more accurate results in roasting meat or fowl.

CHILI

- 2 cups dried chili beans
- 1 quart water
- 1½ quarts water
- 2 pounds ground lean beef
- 1½ cups chopped onion
- ½ cup chopped celery
- ⅓ cup chopped green pepper
- 1 clove garlic (chopped fine or put through a garlic press)
- 1½ quarts canned tomatoes—crushed
- 1 quart water
- 3½ tablespoons chili powder
- 2 tablespoons salt
- ⅛ teaspoon black pepper
- ⅜ teaspoon Tabasco

Soak beans overnight in 1 quart of water.

Next day—add remaining water and simmer slowly until tender.

Brown meat in a skillet, add vegetables and saute until clear.

Add remaining ingredients and simmer (covered) for 1 hour.

Add beans and liquid and bring to a boil.

If desired, thicken with 2 tablespoons cornstarch mixed with ¼ cup water.

Yield: about 3 ½ quarts.

ROAST DUCKLING WITH ORANGE SAUCE

Select a 3½ pound duckling. Check to see that pin feathers, windpipe and oil bag are removed. Singe hairs over a gas flame or burning paper. Remove lungs and kidneys.

If giblets are used, trim and wash them.

Wash duck under cold running water; do not soak in water.

Dry well with paper towels.

Rub lightly with salt inside and out.

Place duck on wire rack of roasting pan.

Roast at 450° for 1 hour, keeping fat drained from the pan.

Prick the skin with a fork to aid fat to drain while roasting.

Reduce heat to 350° and roast for 30 more minutes, basting every 10 minutes with orange sauce.

Continue cooking until duck is golden brown and the surface has a shiny glaze.

4 generous servings

ORANGE SAUCE FOR ROAST DUCKLING

- 1 cup sugar
- 1 cup frozen orange juice concentrate
- ½ teaspoon grated orange rind

Bring all ingredients to a boil and simmer over low heat 3 to 4 minutes.

Use for basting duckling during roasting.

EGGS SUPREME

½ pound fresh mushrooms—sliced
¼ cup butter
12 hard-boiled eggs
1 teaspoon salt
pinch of pepper
2 cups medium white sauce
1 cup grated Cheddar cheese

Saute mushrooms in butter for five minutes.

Slice the eggs and add with seasoning to the white sauce.

Drain mushrooms and add to above.

Place in individual casseroles, sprinkle with cheddar cheese and a dash of paprika.

Bake in a slow oven or heat under a broiler until bubbly.

Serve piping hot.

Yield: 8 servings

MEAT BALLS AND MACARONI

SAUCE FOR MEAT BALLS & MACARONI

3¾ cups canned tomatoes—crush or spin in blender
¾ cup tomato paste
1½ cups beef stock
¾ teaspoon basil
2 teaspoons sugar
¾ teaspoon salt
pinch of black pepper
1 tablespoon chopped onion
½ small clove garlic—pressed
1 teaspoon parsley

Simmer all ingredients 30—45 minutes.

Pour over meat balls and let stand while cooking;

1¼ cups macaroni in boiling salted water. Cook only until tender. Drain.

Bring meat balls and sauce to a boil.

Spoon over macaroni and serve piping hot.

Pass the Parmesan cheese for those who prefer the flavor.

Helpful Hint: If beef stock is not at hand, dissolve 1 bouillon cube in hot water.

FOR MEAT BALLS

1 pound ground lean beef
½ pound ground lean pork
1 cup bread crumbs
¼ cup water
1 teaspoon salt
¼ teaspoon black pepper
1 egg
¼ cup chopped onion
1 small clove garlic—pressed

Mix all ingredients.

Shape into 32 round balls.

Place on a greased baking pan, barely touching.

Bake at 350° for 45 minutes or until done.

Drain off fat.

SAVORY MEAT LOAF

1½ pounds lean beef
½ pound lean pork
¼ cup chopped onion
1¼ teaspoons salt
¼ teaspoon white pepper
½ teaspoon Worcestershire
2 eggs
½ cup tomato juice
⅓ cup milk
¾ cup dry bread crumbs

Grind meat through a coarse food chopper.

The meat must be lean.

Mix all ingredients except the meat until well combined.

Add ground meat and mix to blend well.

Line a loaf pan with brown paper. Pack the meat mixture firmly in the pan and turn out on a shallow roasting pan. Remove paper.

Bake at 300° for 1½ hours or until done.

Transfer meat to a hot platter.

Drain off fat and use drippings for gravy.

Serves 8

Helpful Hint: Add sauteed sliced mushrooms to the gravy made from the drippings. For vegetable gravy, add cooked cubed carrots, diced celery and cubed onion.

Another Helpful Hint: Drizzle SAUCE PIQUANT over the loaf just before serving; or spread the loaf with sauce before baking.

SAUCE PIQUANT

3 tablespoons brown sugar
1/4 teaspoon nutmeg
1/3 cup catsup
1 teaspoon dry mustard

Combine all ingredients and heat just before spreading on the loaf.

MEAT SAUCE FOR SPAGHETTI

1 tablespoon salad oil
1/3 cup chopped onion
1/3 cup chopped green pepper
1 small clove garlic (chopped or put through a press)
1 pound of lean ground beef
1 quart canned tomatoes
1/2 cup tomato paste
1 tablespoon salt
1/4 cup sugar
pinch of cayenne pepper

Saute vegetables in salad oil until clear.

Add beef and saute until meat is lightly browned.

Add remaining ingredients. Bring to a boil, cover, and simmer over low heat until flavors are well blended (45 minutes to 1 hour).

Serve over spaghetti which has been cooked in boiling salted water.

Do not overcook spaghetti.

Yield: about 6 cups meat sauce

Note: 1/2 pound raw spaghetti equals 5 1/2 cups cooked.

DEVILED PORK CHOPS

6 5-ounce loin pork chops
1 teaspoon salt
1/4 teaspoon white pepper
2 1/2 cups chili sauce
1/8 teaspoon dry mustard
2 teaspoons Worcestershire
2 teaspoons lemon juice
1 teaspoon onion juice

Mix salt and pepper and sprinkle over the chops.

Mix remaining ingredients thoroughly.

Dip each chop into the sauce and place on a baking sheet.

Let stand 1 hour.

Pour remaining sauce over the chops.

Cover and bake at 300° about 1 hour or until done.

Serves 6

PORK PAGODA

1 1/2 cups raw rice
3 tablespoons butter
1 pound lean pork, cut in thin strips
1 teaspoon salt
1/4 teaspoon white pepper
1 medium Bermuda onion—sliced
3/4 cup celery (cut slanting crosswise in strips)
2 cups sliced fresh mushrooms (or 1 cup canned)
pinch of ginger
pinch of nutmeg
2 tablespoons sherry
few drops of soy sauce
1 tablespoon cornstarch

Cook rice in boiling salted water, drain and set aside.

Melt butter in a skillet, add pork and saute, stirring until lightly browned.

Season with salt and pepper. Remove from skillet and set aside.

Place vegetables in skillet with 1/4 cup water, cover and simmer until vegetables are barely tender.

Return meat to skillet, add soy sauce, and cornstarch mixed with 2 tablespoons water.

Bring to a boil and cook until clear and slightly thickened. Add sherry and serve piping hot over rice, with extra soy sauce.

Helpful Hint: For a truly elegant entree, breast of young chicken, cut in strips may replace pork. Top with toasted or salted almonds.

POULET CAPITAN

3 chicken breasts
flour to coat chicken
1/2 cup olive oil
1/2 cup onion—chopped fine
1/4 cup green pepper—chopped fine
1 small clove garlic—crushed
1/4 cup currants
2/3 cup chicken stock or bouillon
2 cups canned tomatoes—crushed or chopped
1 tablespoon chopped parsley
1/4 cup toasted almonds
1 1/2 tablespoons capers
1/3 teaspoon curry powder
pinch of thyme
pinch of oregano
1/2 bayleaf
3/4 teaspoon salt
pinch of black pepper
1/2 teaspoon sugar
1/4 cup sherry

Use chicken breasts from large fryers.

Split in half lengthwise. Dust with flour and shake off excess flour.

Fry golden brown in oil.

Remove from skillet and arrange in baking pan or casserole.

Saute vegetables in oil remaining in skillet until clear but not brown.

Soak currants in stock 30 minutes.

Add chopped tomatoes and currants to vegetables, add seasonings except the sherry, bring to a boil and simmer over low heat for 10 minutes.

Pour sauce over chicken breasts.

Bake at 350° for 30 minutes or until chicken is tender.

Remove from heat, carefully mix sherry into the sauce.

Serve 1/2 chicken breast with 1/2 cup sauce over savory or saffron rice.

Serves 6

SOUR CREAM NOODLE BAKE

1 8-ounce package medium noodles
1 pound ground lean beef
1 tablespoon butter
1 teaspoon salt
1/8 teaspoon black pepper
1/4 teaspoon garlic salt
1 cup tomato sauce or puree
1 cup creamed cottage cheese
1 cup sour cream
1 cup chopped green onions
1 cup shredded sharp Cheddar cheese

Cook noodles in boiling salted water. Rinse in cold water and drain.

Brown meat in butter, then add salt, pepper, garlic salt, and tomato sauce. Simmer for five minutes.

Combine cottage cheese, sour cream, chopped onions and noodles.

Alternate layers of noodle mixture and meat mixture in a two-quart casserole, beginning with noodles and ending with meat.

Top with shredded cheese.

Bake at 350° for 20 to 25 minutes, or until cheese is melted and browned.

This serves 8.

STUFFED PEPPERS SUPREME

6 medium green peppers
2 tablespoons chopped onion
2 tablespoons butter
1 3/4 cups cottage cheese
1 7-ounce can tuna
1 egg—beaten
1/3 cup bread crumbs
1/2 teaspoon salt
1/4 teaspoon white pepper
1 teaspoon Worcestershire
1 1/2 tablespoons chopped parsley
3/4 cup cooked rice
1/2 cup sour cream

Cut peppers in half lengthwise. Remove stem, seed core and membranes.

Par-boil in salted water 5 minutes. Drain.

Saute onions in butter until clear.

Combine with cottage cheese, flaked tuna, beaten egg, bread crumbs, rice and seasonings. Fold in sour cream.

Spoon into pepper halves.

Garnish with pimento strips and black olives.

Bake at 350° for 45 minutes.

Yield: 6 servings

OVEN BAKED DEEP SEA WHITEFISH

Whitefish filets—three portions per pound
melted butter
soft bread crumbs

Cut fish filets in five ounce portions.
Trim crust from stale white bread, and grate or sift to make soft crumbs.
Dip fish in melted butter.
Roll in soft bread crumbs, place in shallow baking pan.
Sprinkle with salt and dust lightly with paprika.
Bake at 350° for 20 to 25 minutes.
Brown slightly under broiler.
Serve with vinaigrette sauce.

CAPERS VINAIGRETTE SAUCE

- 1/4 cup olive oil
- 1/4 cup wine vinegar
- 2 teaspoons chopped parsley leaves
- 2 teaspoons chopped chives
- 2 teaspoons chopped pimento
- 1/4 teaspoon dry chervil
- 1 teaspoon chopped capers
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/8 teaspoon black pepper

Combine olive oil and wine vinegar.
Add remaining ingredients.
Makes about 3/4 cup. This sauce keeps indefinitely if refrigerated.

STEAKETTE SAUCE FOR HULLINGBURGERS

- 1 1/2 cups French dressing
- 3/4 cup Chili sauce
- 2 tablespoons soy sauce

Blend ingredients.
Brush on both sides of chopped beefsteaks before grilling or broiling for sandwiches.
Try Steakette Sauce on cube steaks for sandwiches.

CREOLE MUSHROOM WINE SAUCE FOR BAKED FISH

- 1/2 cup chopped onion
- 1/2 cup green pepper—cut in 1/2 inch cubes
- 1 stalk celery—cut in 1/2 inch cubes
- 2 tablespoons salad oil
- 1 cup sliced mushrooms
- 3 cups canned tomatoes—crushed
- 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 3/4 teaspoon black pepper
- few drops Tabasco
- 1 tablespoon cornstarch
- 2 tablespoons cold water
- 3 tablespoons sherry

Saute onions, peppers and celery in salad oil until transparent.
Add mushrooms and saute 3 to 4 minutes.
Add tomatoes and seasonings and simmer for 30 minutes.
Moisten cornstarch in cold water, add to sauce and cook until clear and glossy.
Remove from heat and add sherry.
Serve hot over baked fish.
Yield: about 1 quart

BARBECUE SAUCE

- 3 tablespoons bacon fat
- 1/3 cup chopped onion
- 2 cups tomato juice
- 2 cups catsup
- 2 cups chili sauce
- 1 1/3 cups beef or pork drippings
- 2 tablespoons salt
- 1/3 cup sugar
- 1 1/2 teaspoons black pepper
- 1 teaspoon cayenne pepper
- 2 tablespoons Worcestershire
- 1/2 cup vinegar
- 2 1/2 tablespoons lemon juice

Saute onions in bacon fat until clear.
Add remaining ingredients except vinegar and lemon juice.
Bring to a boil and simmer over low heat 15 minutes.
Strain through a sieve and add vinegar and lemon juice.
When cool, refrigerate in a covered container for future use.
Yield: about 2 quarts

Complement the entree . . . Select vegetables for eye and taste appeal. Remember the rules . . . choose carefully for freshness . . . do not over-cook . . . serve piping hot.

VEGETABLES—PLAIN & FANCY

AUTUMN BUTTERNUT
DUTCH CABBAGE
EGGPLANT PATTIES
SESAME EGGPLANT SOUFFLE

PARMESAN ONION RINGS
SPANISH ONIONS en CASSEROLE WITH ALMONDS
STUFFED BAKED POTATOES
POTATO PANCAKES

SWEET POTATO & APPLE CASSEROLE
EASY SAVORY RICE
BAKED ACORN SQUASH WITH ORANGE SAUCE
WHIPPED SQUASH WITH RAISINS

STEWED TOMATOES
FRESH VEGETABLES en CASSEROLE
ZUCCHINI PARMESAN

AUTUMN BUTTERNUT

1 large Butternut squash (2½ to 3 pounds)
¼ cup butter
¼ teaspoon salt
1 tablespoon brown sugar
pinch of white pepper
1½ quarts sliced Jonathan apples (about 2 pounds) Do not peel.
1½ tablespoons shortening
¼ cup sugar

Cut squash in half lengthwise. Scrape out seeds and membranes.

Steam 30 minutes or bake upsidedown on foil in a moderate oven 350° until tender.

Scrape out pulp and mash or beat in a mixer until smooth.

Season with butter, brown sugar, salt and pepper. Set aside.

Heat shortening in a small skillet.

Add apples, sprinkle with sugar, cover and simmer over low heat until barely tender.

Spread in a 9 inch round or 8 inch square casserole.

Spoon squash evenly over the apples.

Mix cornflakes with remaining ingredients for nutty topping and sprinkle over the squash.

Bake in a moderate oven 325° to 350° for 12 to 15 minutes or until lightly browned.

Serve piping hot.

Serves 8

FOR NUTTY TOPPING

3 individual packages or 3 cups cornflakes (crushed coarse)
½ cup chopped pecans
2 tablespoons melted butter
½ cup brown sugar

Helpful Hint: Mashed Hubbard squash or sweet potatoes can be prepared in the same manner.

DUTCH CABBAGE

1 medium head of red cabbage
1 cup water
⅛ teaspoon pepper
1½ tablespoons sugar
1½ teaspoons salt
2 tablespoons bacon fat

Shred the cabbage fine.

Place all ingredients in a sauce pan and cook slowly for 15 to 20 minutes, or until cabbage is tender.

Remove from heat and add 3 tablespoons of cider vinegar.

Helpful Hint: Try red wine vinegar for a different flavor.

EGGPLANT PATTIES

1 medium sized eggplant (1½ pounds)
1 egg—slightly beaten
¼ teaspoon salt
pinch of pepper
1 tablespoon flour

Peel and cube eggplant.

Steam or simmer in very little water until tender. Drain well. Mash with a fork.

Add remaining ingredients and mix to combine.

Drop from a spoon on lightly greased griddle or skillet.

Turn when bottom side is brown and continue cooking until brown and crispy.

Serve piping hot.

Yield: Serves 6

SESAME EGGPLANT SOUFFLE

2 medium or 1 large eggplant (about 1½ pounds)
4 eggs, beaten
1 cup half & half cream and milk
¼ cup melted butter
½ teaspoon salt
¼ teaspoon white pepper
¼ cup sesame seeds, lightly toasted for topping

Peel and cube eggplant.

Steam or cook in very little water until tender. Drain in a colander and squeeze out excess water by pressing with a spoon. Mash or crush with a whip.

Thoroughly mix remaining ingredients (except sesame seeds) and add to the eggplant.

Mix to combine and pour into a 2-quart shallow casserole or baking dish.

Sprinkle sesame seeds over the top.

Set in a shallow pan with 1 inch of hot water and bake for 30 minutes at 350°, or until souffle puffs in the middle.

Serve very hot.

Yield: 6 to 8 servings

PARMESAN ONION RINGS

- Bermuda onions
- egg—milk mixture for breading
- Parmesan crumbs
- flour

EGG—MILK MIXTURE

- 1 cup milk
- 1 egg—beaten
- ½ teaspoon salt

BREADING MIXTURE

- 2 cups dry bread crumbs
- 1 tablespoon Parmesan cheese

Cut ends off of large onions, peel and remove all dry skin. Slice crosswise ½ inch thick. Separate into rings.

Dip onion rings in milk mixture. Coat with flour, again in the milk mixture and bread with Parmesan crumbs.

Fry in deep fat at 360° until brown and crisp.

Helpful Hint: Keep breaded rings separate. They may be prepared in advance and stored in the refrigerator until time for frying. Serve very hot.

SPANISH ONIONS en CASSEROLE WITH ALMONDS

- 3 cups Spanish onions cut in ¾ inch wedges
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup chicken broth
- ¼ cup light cream
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup sliced almonds
- ½ cup grated Cheddar cheese
- 1 cup bread crumbs

Parboil onions in small amount of water. Drain well.

Melt butter in a sauce pan, blend in the flour.

Add chicken broth and cream, stirring constantly until thickened and smooth.

Combine sauce, onions and almonds.

Pour mixture into a buttered casserole.

Bake in a water bath at 350° for 35 to 45 minutes.

Just before serving sprinkle cheese mixed with bread crumbs over the top and brown under the broiler.

Serves 6 to 8

Helpful Hint: Sliced almonds scattered over the top add a festive touch.

STUFFED BAKED POTATOES

- 7 medium sized russet potatoes
- 2 tablespoons butter
- ½ cup hot milk
- ⅛ teaspoon salt
- pinch of white pepper
- 1 tablespoon chopped parsley
- 1 tablespoon chopped celery leaves
- ¾ cup grated sharp cheese for topping

Heat oven to 450°.

Select potatoes of equal size. Scrub thoroughly. Arrange on a baking pan or oven rack and bake until done, (about 45—60 minutes).

Remove from oven and immediately cut a lengthwise slice ½ inch thick from each potato.

Scoop out the pulp into a bowl, taking care not to break the skin. Mash well, or put through a ricer. Beat in milk, seasonings and chopped leaves. Spoon lightly into 6 shells.

Top each potato with 2 tablespoons grated cheese. Return to oven and heat until lightly browned.

Serve piping hot.

Serves 6

Helpful Hint: Add snipped chives, chopped green onion or grated sauteed onion for variation.

POTATO PANCAKES

6 medium potatoes
2 eggs—beaten
1 tablespoon grated onion
¼ cup flour (about)
1 teaspoon salt
pinch of white pepper

Peel potatoes, grate or run through fine food chopper.

Add remaining ingredients and mix to combine.

Heat shortening in a skillet (it should be ¼ inch deep).

Spoon pancake batter into fat.

Saute until brown on one side, turn and brown the other side.

Drain on paper towel or cloth and serve piping hot with applesauce.

Helpful Hint: Amount of flour will vary with the water content of the potatoes.

SWEET POTATO AND APPLE CASSEROLE

6 medium sweet potatoes
2 cups sliced Jonathan apples (core but do not peel)
¾ cup hot water
½ cup brown sugar
2 tablespoons butter

Steam sweet potatoes until almost tender. Peel and cut in ¼ inch slices.

Cook apples in hot water, drain off and save the juice, and arrange in a buttered casserole alternately with sweet potatoes.

Sprinkle sugar over all, dot with butter and pour juice over sweet potatoes and apples.

Bake at 350° for 40—45 minutes.

Serves 8

EASY SAVORY RICE

4 tablespoons butter
⅔ cup rice
2 cans undiluted brown onion soup

Brown rice in butter in a saucepan.

Add the onion soup.

Cover and cook over low heat until liquid is all absorbed. (about 20 minutes) Do not stir, or rice will become mushy.

Shake the pan occasionally to prevent sticking.

Serves 4 to 5.

BAKED ACORN SQUASH WITH ORANGE SAUCE

4 medium acorn squash
Orange sauce

Cut squash in half lengthwise.

Remove seeds and membranes.

Place cut side down in a baking pan and bake at 300° for 45 minutes.

Turn right side up.

Spoon ⅓ cup sauce over each piece and continue baking until squash is tender.

Brown under broiler if desired.

Yield: Serves 8

ORANGE SAUCE

1 cup water
2 cups orange juice
½ teaspoon grated orange rind
2 cups sugar
¼ cup butter
¾ teaspoon salt

Simmer all ingredients in a sauce pan over low heat about 30 minutes or until syrupy.

Yield: About 2½ cups

Helpful Hint: Orange sauce will keep indefinitely if refrigerated. Use the same sauce for orange glazed sweet potatoes or carrots.

WHIPPED SQUASH WITH RAISINS

2 pounds Butternut or Hubbard squash
⅛ teaspoon salt
1 tablespoon brown sugar
2 tablespoons butter
2 tablespoons light cream
¼ cup seedless raisins

Wash and cut squash into 3 to 4 inch pieces for cooking. Remove seeds and membranes.

Bake covered or steam until tender.

Scrape pulp from membrane into mixing bowl. Mix at low speed, or beat by hand until smooth.

Add remaining ingredients, spoon into a buttered casserole and bake at 350° for 10 to 15 minutes or until squash is hot.

Serves 6 to 8.

STEWED TOMATOES

1 tablespoon butter
2 tablespoons chopped onion
3 cups canned tomatoes
2½ tablespoons sugar
½ teaspoon salt
pinch of white pepper
1 tablespoon cornstarch
2 tablespoons water

Saute onions in butter until onions are golden in color.

Add tomatoes and seasoning and bring to a boil.

Mix cornstarch with water and add slowly, stirring to prevent lumps.

Continue cooking over low heat until thickened and glossy. (about 5 minutes)

Serves 6

Helpful Hint: Sprinkle each serving with toasted croutons to add variety in texture.

FRESH VEGETABLES en CASSEROLE

2 tablespoons butter
1 medium onion—sliced
1 cup sliced carrots
1 cup sliced celery
1 medium green pepper—seeded and sliced
¾ cup sliced fresh mushrooms
1 cup fresh green beans (cut in 2 inch pieces)
1¼ cups canned tomatoes
2 teaspoons salt
pinch of black pepper
1 teaspoon sugar

Melt the butter in a sauce pan.

Add onion, carrots and celery. Cover and simmer for about twenty minutes.

Add the sliced green pepper and mushrooms, cover and simmer for thirty minutes.

While these are cooking, steam the green beans until tender in a very small amount of water.

Add beans and tomatoes to the cooked vegetables.

Season and heat to boiling.

Helpful Hint: For extra eye appeal, slice the vegetables diagonally.

ZUCCHINI PARMESAN

1 quart sliced zucchini squash
½ cup cooked rice
2 cups stewed tomatoes
1½ cups Parmesan cheese

Steam zucchini or simmer in very little water in a covered sauce pan until half-cooked.

Drain well and place in a buttered casserole.

Sprinkle cooked rice over the squash.

Spread stewed tomatoes evenly over the rice.

Top with Parmesan cheese.

Bake at 350° for 15—20 minutes.

Yield: Serves 8

Delicious and nutritious . . . Good salads demand a delicate touch. Use your imagination . . . add the proper dressing and wait for compliments.

BREAD 'N BUTTER

DESSERTS THAT DELIGHT

CAKES, CANDIES, COOKIES

SALADS THAT SATISFY

SALADS THAT SATISFY

ALMOND GINGERALE SPARKLE
SWEET-SOUR BEETS
BERMUDA SALAD BOWL
SESAME MELBA

CALIFORNIA FRUIT SALAD
CHEERY CHERRY SALAD
CHEESE CAKE SALAD
CIDER WALDORF

CRAB LOUIS
SLICED CUCUMBERS IN SOUR CREAM
FROSTY FRUIT SALAD
GREEN BEANS VINAIGRETTE

RED KIDNEY BEANS VINAIGRETTE
JELLIED MOCHA PECAN
SUNSHINE SALAD
SLICED TOMATOES MARINADE

JULIENNE TURNIPS IN SOUR CREAM
TUNA SALAD
SOUR CREAM HORSERADISH SAUCE
CHESHIREBURGER RELISH

CRANBERRY ORANGE RELISH
FRENCH DRESSING
RUSSIAN DRESSING
FRUIT MAYONNAISE

SEASONED VINEGAR
TARTARE SAUCE
SPRING SALAD DRESSING
THOUSAND ISLAND DRESSING

ALMOND GINGERALE SPARKLE

- 2 3-ounce packages lemon flavored gelatin
- 2 cups boiling water
- ½ teaspoon salt
- ¼ teaspoon paprika
- 2 cups gingerale
- 2 cups seedless green or Tokay grapes
- 1 cup crushed pineapple
- ½ cup sliced almonds

Pour boiling water over gelatin and stir until clear and gelatin is dissolved.

Add seasoning and gingerale.

Set pan in crushed ice and cool until syrupy.

Add remaining ingredients.

Spoon or pour into molds and refrigerate until firm, preferably over night.

Unmold and serve.

Yield: 10 to 12 servings.

SWEET—SOUR BEETS

- 1 quart sliced cooked beets
- ½ cup sliced sweet onions
- 1 cup seasoned vinegar

Arrange beets and sliced onions in layers in a bowl. Add vinegar and let stand for 30 minutes before serving.
Stir carefully once while standing.

Yield: about 1 quart

BERMUDA SALAD BOWL

- 1½ quarts shredded lettuce
- 1 quart cauliflower flowerettes (sliced thin so flower shapes show)
- 2 medium Bermuda onions—sliced thin
- ¾ cup sliced stuffed olives
- crumbled blue cheese
- French dressing

Lightly toss lettuce, cauliflower and onions.

Heap in salad bowl or individual servings.

Sprinkle top with olives and crumbled blue cheese if desired.

Pass the French dressing.

Yield: about 3 quarts

Helpful Hint: Green onions may be used when in season. Slice them—tops and all

SESAME MELBA

Cream ½ cup soft butter with ½ cup Parmesan cheese.

Slice day-old bread ¼ inch thick. Spread with cheese butter, sprinkle with sesame seeds and place on a cookie sheet.

Bake at 325° until lightly browned.

Excellent to serve with Bermuda salad, any tossed greens, or with soups.

Helpful Hint: Try poppyseed with cheese butter on thin slices of French bread or caraway on Party rye.

CALIFORNIA FRUIT SALAD

- 2 large seedless oranges—peeled and sectioned
- 1 medium banana—cut in thick slices
- ½ cup pineapple cubes
- 1 cup whole green or Tokay grapes
- 1 cup canned peaches—cubed
- 1 cup canned pears—cubed
- 2 red apples, cored and cubed (do not peel)
- ½ cup sour cream
- 1 cup whipped cream
- shredded cocoanut for topping

All fruit must be well drained and chilled.

Carefully fold in the sour cream, then the whipped cream.

Pile lightly on a platter and sprinkly with cocoanut.

Just before serving, decorate with mandarin orange slices, fresh strawberries or any available fresh fruit.

Cantaloupe or honeydew melon chunks may replace part of the fruit.

Helpful Hint: Plan to prepare this salad just before serving. Fresh fruit may darken on standing, and cream may become watery.

CHEERY CHERRY SALAD

- 2 (3 ounce) packages black cherry gelatin
- 2 cups boiling water
- 1 #303 can black cherries—pitted and drained
- 1 #1 can (1 cup) crushed pineapple—drained
- 2 cups cherry and pineapple juice (add water to make 2 cups)

Pour boiling water over gelatin and stir until clear and gelatin is dissolved.

Add remaining juice.

Chill until partially set. Add remaining ingredients.

Spoon or pour into molds and refrigerate until firm, preferably overnight.

Unmold and serve.

Yield: 10—12 servings

CHEESE CAKE SALAD

- 2¼ teaspoons gelatin
- ½ cup lemon flavored gelatin
- 6 tablespoons sugar
- 1 cup boiling water
- ¾ cup pineapple juice
- 3 tablespoons fresh lemon juice
- ½ teaspoon lemon gratings
- 1 tablespoon orange gratings
- ½ cup cream cheese
- 1 cup cottage cheese
- ¾ cup crushed pineapple
- 3 cups green and red gelatin cubes
- 1 cup whipped cream

Mix gelatin with sugar and flavored gelatin.

Add boiling water and stir until dissolved.

Add juices and gratings. Mix until well blended, chill until thick and syrupy but not set.

Cream cottage cheese and cream cheese until smooth. Fold into thickened mixture.

Add pineapple and gelatin cubes.

Carefully fold in whipped cream.

Pour into a two-quart mold and chill overnight.

Unmold. Decorate with whipped cream if desired.

Yield: 8 to 10 servings

Helpful Hint: Gelatin for cubes should be made the day before. Use your favorite flavor—pour into pans ¾ inch deep—chill to set and cut in cubes.

CIDER WALDORF

- 2 (3 ounce) packages lemon flavored gelatin
- 1 quart apple cider
- 2 cups apples cut in sticks (core but do not peel)
- ½ cup diced celery
- ½ cup pecan pieces

Heat half the cider with the gelatin until clear and gelatin is dissolved.

Chill until partially set. Add remaining ingredients.

Pour or spoon into molds.

Refrigerate until firm, preferably overnight.

Unmold and serve with fruit mayonnaise.

Yield: 10 servings

CRAB LOUIS

- 1½ cups mayonnaise
- ⅓ cup French dressing
- ⅓ cup chili sauce
- 2 tablespoons minced green onions or chives
- 2 tablespoons chopped green stuffed olives
- 1 teaspoon prepared horseradish
- 1 teaspoon onion juice or grated onion
- 1 teaspoon lemon juice
- 1 teaspoon Worcestershire
- ⅛ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 2 drops Tabasco
- 3 cups cooked crabmeat—drained and flaked
- 6 cups shredded lettuce
- 3 hard cooked eggs—quartered
- 12 tomato wedges
- 3 tablespoons capers

Combine first twelve ingredients with crabmeat.

Heap shredded lettuce lightly on 6 salad plates.

Top with crabmeat mixture.

Sprinkle with capers.

Garnish with quarters of egg and tomato wedges.

Serves 6

AUNT LENA'S SLICED CUCUMBERS IN SOUR CREAM

2 cups thinly sliced cucumbers
1/4 cup sliced Spanish onions
1/4 cup seasoned vinegar
1/4 cup sour cream

Pour vinegar over cucumbers and onions, let stand 15 minutes.
Drain in a strainer and discard the liquid.
Combine sour cream with the cucumbers.
Serve icy cold.
Serves 4

FROSTY FRUIT SALAD

1 cup shredded cocoanut
1 cup crushed pineapple
1 cup diced canned peaches
1 cup diced orange sections
1 cup seedless green grapes
2 cups miniature marshmallows
1/2 cup mayonnaise
2 cups whipped cream

Drain fruits well.
Fold in mayonnaise, marshmallows and whipped cream.
Spoon into molds, cover and freeze until solid.
Serve frozen.
Yield: 12 servings
Helpful Hint: Use pitted Royal-Anne cherries when green grapes are not on the market. This salad will keep in the freezer indefinitely if it is carefully covered or wrapped.

GREEN BEANS VINAIGRETTE

3 1/2 cups cooked green beans
1 cup celery—cubed fine
3 tablespoons grated onion
1/4 cup chopped pimento
1/3 cup seasoned vinegar
2 teaspoons salad oil
1 teaspoon salt

Drain green beans.
Combine with remaining ingredients.

Toss lightly, chill and serve.
Helpful Hint: Mix green and yellow beans.

RED KIDNEY BEANS VINAIGRETTE

2 cups red kidney beans (drained)
1/4 cup chopped Spanish onions
1/4 cup chopped green pepper
1/2 cup celery—diced fine
2 tablespoons pimento pieces
1/4 cup seasoned vinegar
3/4 teaspoon salad oil

Mix all ingredients. Serve warm or cold.
Yield: 6 to 8 servings

JELLIED MOCHA PECAN

1/2 cup cold water
2 tablespoons gelatin
3 cups boiling hot coffee
2/3 cup sugar
1/4 teaspoon vanilla
1/2 cup pecan pieces

Soak gelatin in cold water for 5 minutes.
Add hot coffee and stir until gelatin is dissolved.
Add sugar and vanilla.
Chill until syrupy and fold in the pecans.
Dip into molds and chill until set.
Wonderful as a dessert with whipped cream, or as a gelatin salad on crisp greens.
Yield: 8 servings

SUNSHINE SALAD

2 (3 ounce) packages lemon gelatin
2 cups boiling water
2 cups pineapple juice
2½ cups grated carrots
1½ cups crushed pineapple

Pour boiling water over gelatin and stir until clear and gelatin is dissolved.
Add pineapple juice.
Chill until partially set.
Add carrots and pineapple. Mix well.
Spoon or pour into molds and refrigerate until firm, preferably over night.
Unmold and serve.
Yield: 10 servings

SLICED TOMATOES MARINADE

Large ripe tomatoes
Green onions—sliced, tops and all
Seasoned vinegar
Olive oil

Slice large red ripe tomatoes about ½ inch thick (allow 2 slices per person).
Place close together in a single layer in a shallow serving dish. Sprinkle with green onions.
Drizzle with olive oil, and add enough seasoned vinegar to almost cover the tomatoes.
Chill in the refrigerator for ½ hour before serving.

JULIENNE TURNIPS WITH SOUR CREAM HORSERADISH SAUCE

4 medium turnips
½ cup seasoned vinegar
½ cup sour cream horseradish sauce

Peel turnips, slice in ⅜ inch slices and cut in thin strips.
Marinate for 15 minutes in seasoned vinegar.
Drain well and add the horseradish sauce. Serve at once.
Yield: about 2 cups

SOUR CREAM HORSERADISH SAUCE

½ cup sour cream
½ teaspoon salt
2 tablespoons prepared horseradish
2 tablespoons seasoned vinegar

Combine all ingredients. This sauce is excellent with boiled beef, corned beef or prime rib.

TUNA SALAD

1 13-ounce can tuna, drained and cut in ¾ inch cubes or flaked with a fork
1 tablespoon white vinegar
½ teaspoon salt
¼ teaspoon white pepper
2 cups diced celery
2 tablespoons chopped pimento
2 tablespoons chopped sour pickles
¼ cup chopped sweet pickles
2 hard-cooked eggs—diced
1¼ cups mayonnaise

Sprinkle tuna with salt, pepper and vinegar and let marinate 15 minutes.
Add remaining ingredients, mix lightly and fold in mayonnaise last.
Yield: about 1 quart

CHESHIRE BURGERELISH

1 cup sweet pickle relish
2 tablespoons horseradish
1½ tablespoons prepared mustard
2½ tablespoons chili sauce
2 tablespoons mayonnaise
¼ teaspoon Worcestershire
2 tablespoons chopped onion
6 drops Tabasco sauce
1½ tablespoons French dressing
pinch of salt

Drain pickle relish well, add remaining ingredients and mix to combine.
Use as a dressing for chopped beef steak or frankfurter sandwiches.
Yield: about 1½ cups

CRANBERRY ORANGE RELISH

- 1 pound cranberries
- 1 medium seedless orange
- 2½ tablespoons frozen orange juice concentrate
- 2 cups sugar

Wash and stem cranberries.

Cut oranges (include peeling) and grind in a food chopper.

Add orange juice and sugar. Mix to combine.

Let stand at room temperature and stir occasionally until sugar is completely dissolved.

Store in refrigerator in a covered container. This will keep for several days under refrigeration.

Serve with chicken, turkey or pork entrees.

Yield: about 1 quart

FRENCH DRESSING

- 2 eggs
- 6 tablespoons sugar
- 2 tablespoons salt
- ¼ teaspoon garlic powder or 2 cloves garlic pressed
- ½ cup chopped onion
- 1 tablespoon paprika
- ⅛ teaspoon cayenne pepper
- 1 tablespoon dry mustard
- ⅛ teaspoon white pepper
- 1 cup cider vinegar
- 1 quart salad oil

This is best if prepared in a blender.

Blend eggs and seasonings, add vinegar and blend.

Add salad oil gradually and continue blending until well mixed.

Yield: about 6 cups

Helpful Hint: Add 1½ tablespoons terragon vinegar if flavor is preferred.

RUSSIAN DRESSING

- 1 cup Thousand Island dressing
- ¼ cup pickled beets—chopped fine

Mix beets with dressing, adding enough extra beet vinegar to make dressing a light pink.

Use with tossed salad or greens, or as a spread for Ruben sandwiches.

Yield: about 1¼ cups

FRUIT MAYONNAISE

- 1¼ tablespoons cream cheese
- 2 tablespoons powdered sugar
- 1 cup mayonnaise
- 3 tablespoons orange juice
- 1½ teaspoons grated orange rind
- ½ cup sour cream

Cream cheese with a fork until smooth.

Blend in sugar and mayonnaise, add orange juice and gratings and beat until smooth. Fold in sour cream.

Serve over fruit salad or fruited gelatin.

This dressing will keep for a day or two if refrigerated.

Yield: about 1¾ cups

SEASONED VINEGAR

- 2 cups cider vinegar
- 1½ cups sugar
- 2½ tablespoons salt
- 2 teaspoons black pepper

Combine all ingredients.

Mix well so salt and sugar are completely dissolved.

Be sure to stir each time before using.

Helpful Hint: This keeps indefinitely. Use for slaws or for marinating salad vegetables.

TARTARE SAUCE

- 1 tablespoon chopped sweet pickles
- 1 tablespoon chopped stuffed olives
- 1 tablespoon chopped capers
- 2 teaspoons chopped parsley
- 1 teaspoon grated onion
- 2 teaspoons Worcestershire
- 1 cup mayonnaise

Mix chopped ingredients and seasonings and fold in mayonnaise. Chill.

Serve with seafood.

Yield: about 1¼ cups

SPRING SALAD DRESSING

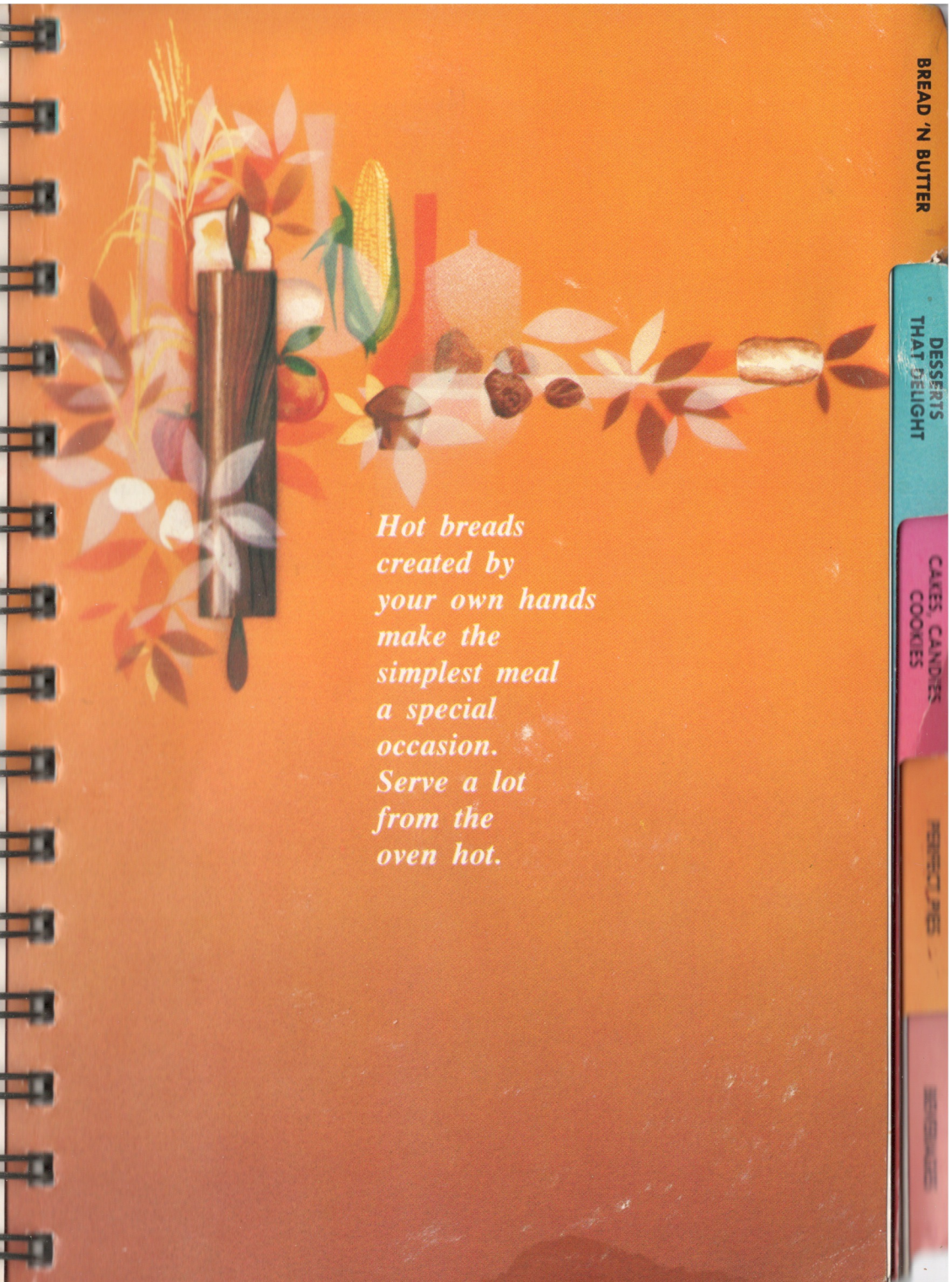
1 cup sour cream
½ cup mayonnaise
2 teaspoons cider vinegar
1 tablespoon sugar
1 teaspoon salt
⅛ teaspoon pepper
¼ cup minced green onions
¼ cup radishes—chopped fine
¼ cup cucumbers—chopped fine
¼ green pepper—chopped fine
1 clove of garlic—chopped very fine

Blend first six ingredients.
Fold in chopped vegetables.
Excellent on salad greens, tomatoes or crisp lettuce.
This dressing is perishable. Make only what you need for one meal.
Yield: 2 cups

THOUSAND ISLAND DRESSING

1 cup mayonnaise
¼ cup chili sauce
2 tablespoons chopped sweet pickle
1 tablespoon chopped sour pickle
1 tablespoon chopped stuffed olives
1 hard-cooked egg white—chopped

Combine all ingredients.
Reserve the hard-cooked egg yolk to crumble over the salad just before serving.
Yield: about 1½ cups



BREAD 'N BUTTER

BUTTERMILK BISCUITS
SHORTCAKE BISCUITS
BUTTERMILK COFFEE CAKE
CORNBREAD

BANANA FRITTERS
PEACH FRITTERS
PEACH SAUCE FOR FRITTERS
QUEEN OF MUFFINS

GARLIC BUTTER
KATIE'S KENTUCKY KORN KAKES
BRAN MUFFINS
WHIPPED BUTTER

HONEY BUTTER
SCOTCH OATMEAL BREAD
EVER-READY ROLLS

BUTTERMILK BISCUITS

2 cups sifted all purpose flour
½ teaspoon salt
3 teaspoons baking powder
¼ teaspoon soda
5—6 tablespoons shortening
⅞—1 cup buttermilk

Sift dry ingredients together.

Cut shortening into flour with pastry blender or 2 knives until mixture is like coarse cornmeal.

Add buttermilk and mix only to combine. Do not over mix.

Turn out on a lightly floured board or canvas.

Knead gently 6 or 7 times. Pat or roll dough ½ inch thick.

Cut with a floured cutter.

Place biscuits on an ungreased baking sheet 1 inch apart.

Bake at 450° for 12—15 minutes.

Yield: 12 large or 24 small biscuits

Helpful Hint: If a very tender biscuit is desired, replace all purpose flour with cake flour and reduce buttermilk to ¾ cup.

SHORTCAKE BISCUITS

2 cups sifted all purpose flour
3 teaspoons baking powder
¾ teaspoon salt
4 tablespoons sugar
½ cup shortening
1 egg—beaten
about ⅓ cup milk
melted butter for topping

Sift dry ingredients.

Cut shortening into flour with a pastry blender or 2 knives until mixture resembles coarse cornmeal.

Beat eggs, add to milk and add to flour mixture, mixing only to combine. Do not over-mix.

Turn on a lightly floured board or canvas and knead lightly 6 or 7 times. Separate into 2 balls. Roll or pat each piece of dough ½ inch thick. Brush 1 piece with butter and top with second piece of dough. Roll lightly to ½ to ¾ inch thick. Cut with a 2½ inch floured cutter. Brush tops with butter.

Place on baking sheet 1 inch apart, and bake at 450° for 12—15 minutes or until golden brown.

While still warm, split, add more butter if desired, fill and top with your favorite fruit and serve with whipped cream.

Makes 8 shortcakes.

Helpful Hint: Allow 4 cups sweetened crushed or sliced strawberries and 1 cup heavy cream (whipped) for 8 servings.

For a large shortcake—pat one half of the dough in a 9-inch round pan, brush with butter, top with remaining dough, brush with butter and bake until golden brown. Split and fill with sweetened fruit, cut in wedges and serve with whipped cream.

BUTTERMILK COFFEE CAKE

Use your favorite yeast coffee cake recipe.

Pat and shape the dough into a 9-inch round layer cake pan. The dough should be about ½ inch thick.

Mix ¼ cup buttermilk with ¼ cup sour cream. Spread generously over top of the dough.

Sprinkle with cinnamon and sugar. Using ends of fingers, make deep indentations in the top of the dough; sprinkle on more cinnamon and sugar.

These dents make nice gooey pockets. Let stand in a warm place until double in bulk and bake according to your coffee cake directions.

CORNBREAD

1 cup white cornmeal
1 cup yellow cornmeal
1¼ teaspoons baking powder
¾ teaspoon soda
1½ teaspoons salt
1½ teaspoons sugar
1 egg—well beaten
2 cups buttermilk
½ cup bacon fat or melted shortening

Mix or sift dry ingredients.

Add egg and melted fat to milk.

Add liquid ingredients and dry ones all at once and mix only to combine.

Grease a 9 by 9 by 2 pan and dust with cornmeal.

Pour in batter and bake in a hot (450°) oven for 20—25 minutes or until lightly browned.

For an extra crunchy top, sprinkle lightly with cornmeal before placing in the oven.

BANANA FRITTERS

1 cup sifted all purpose flour
2 teaspoons baking powder
1 1/4 teaspoons salt
1/4 cup sugar
1 egg—well beaten
1/3 cup milk
2 teaspoons melted shortening
ripe, but firm bananas
powdered sugar

Sift dry ingredients.

Combine remaining ingredients and add all at once to dry ingredients. Mix only until batter is smooth.

Cut peeled bananas in half lengthwise, then 3 pieces crosswise. Dip in lemon juice, then in powdered sugar.

Place on a tray and let stand for 30 minutes. Drain, dip in batter and fry in deep fat at 365° 3—5 minutes or until golden brown.

Drain on a rack or paper towel.

Serve hot with fried chicken or roast pork.

PEACH FRITTERS

2 1/2 cups all purpose flour
4 1/2 teaspoons baking powder
4 1/2 teaspoons sugar
1/2 teaspoon salt
3 eggs
2 cups milk
1/4 cup melted butter
1 cup chopped peaches—
well drained

Sift dry ingredients.

Beat eggs and add milk.

Add to dry ingredients and stir only enough to combine.

Add melted butter. Fold in the fruit.

Heat 1/8 inch melted fat in a skillet.

Spoon fritter batter carefully into the hot fat (1/3 cup of batter makes a 3-inch fritter).

Fry until brown on one side, turn and fry until done. Drain on cloth or paper toweling.

Yield: 12 fritters

Helpful Hint: Fresh, frozen or canned fruits may be used. Be sure the fruit is well drained. For variation, use the same batter with drained corn, fresh chopped apples, or cooked rice. Red cherries, fresh blueberries or crushed pineapple make a welcome change.

PEACH SAUCE FOR FRITTERS

2 cups peach juice
2 tablespoons cornstarch
1 cup sugar
1 1/2 tablespoons lemon juice
pinch of salt

Heat juice.

Mix cornstarch and sugar, add to juice and cook until clear.

Add lemon juice.

Makes 2 1/2 cups.

Helpful Hint: Serve apple or corn fritters with maple syrup. For other fritters use the juice from the drained fruit to make the sauce.

QUEEN OF MUFFINS

1/4 cup melted butter
1/3 cup sugar
1 egg—well beaten
1 1/2 cups sifted all purpose flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk
3/4 cup blueberries—(drained, if canned or frozen are used)

Cream butter and sugar, add the egg and blend.

Sift dry ingredients and add alternately with milk. Mix only to combine.

Fold in blueberries with last amount of flour.

Bake in greased muffin pans at 400° for 20 minutes or until done.

Yield: 12 muffins

Helpful Hint: For variations: replace blueberries with crushed pineapple, chopped sour red cherries, bacon bits, raisins, chopped uncooked prunes or apricots.

FOR GARLIC BUTTER

Add 1/4 teaspoon garlic powder or press 4 cloves of garlic to 1 pound of whipped butter.

Use as a spread for garlic toast or garlic bread.

Helpful Hint: Store all whipped butter in refrigerator in a well covered glass or plastic container.

KATIES KENTUCKY KORN KAKES

1 cup yellow cornmeal
1 tablespoon baking powder
2 1/4 teaspoons sugar
1/2 teaspoon salt
1 egg
1/4 cup melted butter

Mix dry ingredients until well blended.

Beat egg, add milk and shortening. Mix only enough to moisten the cornmeal.

Fry on a lightly greased griddle.

Serve with maple syrup or honey and crisp bacon.

Serves 5 to 6

BRAN MUFFINS

2 cups sifted all purpose flour
2 cups bran
2 teaspoons baking powder
3/4 cup sugar
1 cup raisins, chopped dates or nuts
1 egg—well beaten
1 1/2 cups milk
1/2 cup molasses
3 tablespoons melted butter

Mix dry ingredients, add the raisins.

Mix egg with remaining ingredients and add to dry ingredients all at once. Mix only to combine.

Fill greased muffin pans 3/4 full. Bake at 425° for 25 minutes or until done.

Yield: about 2 dozen small muffins

WHIPPED BUTTER

Whip 1 pound of butter at medium speed until butter is light and fluffy.

Be sure to scrape down the bowl several times while butter is beating. This should double in volume.

FOR HONEY BUTTER

When butter is well creamed, slowly add 2 pounds (2 3/4 cups) honey and continue beating until light and fluffy. Superb on hot biscuits.

SCOTCH OATMEAL BREAD

2 cups rolled oats
2 cups boiling water
1 cake compressed yeast
1/2 cup luke-warm water
1/4 cup molasses
1/4 cup boiling water
2 teaspoons salt
1 tablespoon sugar
5 cups all purpose flour

Pour boiling water over rolled oats and set aside to cool. When lukewarm, add yeast cake which has been softened in the 1/2 cup of warm water.

Add salt, sugar and molasses which has been mixed with the 1/4 cup of boiling water. Mix well.

Add the flour and knead as for white bread, but do not add any more flour. If the dough should stick to the sides of the bowl when kneading, grease the bowl with a little melted shortening.

Work the dough only until it leaves the sides of the bowl. Cover and let rise until double in bulk.

Shape into three loaves. Let rise in greased loaf pans until double in bulk.

Bake 50 to 60 minutes in a moderate oven (350°).

Delicious toasted!! mmm—good!

EVER-READY ROLLS

1 cake yeast
1/2 cup lukewarm water
2/3 cup shortening
2/3 cup sugar
1 teaspoon salt
1 cup mashed potatoes
1 cup scalded milk
2 eggs—well beaten
4 1/2—5 cups sifted all purpose flour

Soften yeast in warm water.

Add shortening, sugar, salt and mashed potatoes to scalded milk.

When cooled to hand temperature, add yeast and eggs and mix thoroughly. Add enough flour to form a stiff dough.

Turn out on a lightly floured board and knead until smooth and elastic.

Place dough in a lightly greased bowl large enough to allow rising and store in the refrigerator.

Shape rolls as needed. Brush lightly with melted butter or margarine.

Let double in bulk and bake at 425° for 15 minutes or until done.

This dough will keep for several days in refrigerator.

Yield: 20—24 rolls

Puddings, deep-dish cobblers . . . homemade ice creams and sauces . . . Temptation? Of Course. There's always another day.

DESSERTS THAT DELIGHT

CAKES, CANDIES COOKIES

PERFECT PIES

DESSERTS THAT DELIGHT

MISS ETHYL'S APPLE CRISP
APPLE DUMPLINGS
BREAD PUDDING
CHERRY PECAN TORTE

CHERRY SAUCE FOR CHERRY PECAN TORTE
MOLDED CHOCOLATE PUDDING
BRANDIED CARAMEL CUSTARD
VANILLA NUTMEG CUSTARD

FLOATING ISLAND
LEMON ICEBOX PUDDING
LEMON CUSTARD SAUCE
RAISIN RICE PUDDING
CREAMY TAPIOCA

BRANDY SAUCE
LEMON SAUCE
RUM SAUCE
VANILLA SAUCE

DIRECTIONS FOR HOMEMADE ICE CREAM
BURNT ALMOND ICE CREAM
BUTTERSCOTCH ICE CREAM
CHOCOLATE ICE CREAM

ORANGE ICE
EGG NOG ICE CREAM
FRUIT SHERBET
FRESH PEACH ICE CREAM

FRESH STRAWBERRY ICE CREAM
VANILLA ICE CREAM
BRANDIED ORANGE SUNDAE
BUTTERSCOTCH SAUCE

HOT FUDGE SAUCE
RUMMY PINEAPPLE FOR SUNDAES

MISS ETHYL'S APPLE CRISP

6 medium apples (we like Jonathans)
¼ cup sugar
cinnamon
¼ cup butter
½ cup flour
¾ cup brown sugar

Peel the apples and slice into a buttered casserole or baking dish. Sprinkle with granulated sugar and cinnamon to suit your taste.

Combine butter, flour and brown sugar. Spread on top of the apples.

Bake in a moderate oven about 30 minutes or until the apples are soft.

Serve with cream.

Yield: 6 servings

APPLE DUMPLINGS

2 cups sugar
2 cups water
¼ teaspoon cinnamon
¼ teaspoon nutmeg
¼ cup butter
6 peeled, cored apples
2 cups all purpose flour
1 teaspoon salt
2 teaspoons baking powder
¾ cup shortening
½ cup milk

Boil sugar, water and spices for 5 minutes.

Remove from heat and add butter.

Sift flour, salt and baking powder.

Cut in shortening.

Add milk all at once and stir until flour is moistened. Roll ¼ inch thick. Cut in 5-inch squares. Place an apple in the center of each square.

Fill cavity of apple with 1 teaspoon sugar and 1 teaspoon butter. Fold corners of pastry to the center. Moisten edge of top with water and fold to hold in place.

Place in greased baking pan 1 inch apart. Pour syrup over dumplings.

Bake at 375° for 35 minutes or until apples are tender.

Serve warm with cream.

Helpful Hint: This amount of dough will cover 12 apples if only a top crust is desired.

BREAD PUDDING

4 cups white bread—cut in 1-inch cubes
½ cup seedless raisins
2 eggs
⅓ cup sugar
2⅔ cups scalded milk
pinch of salt
1 teaspoon vanilla
2 tablespoons melted butter
sugar or cinnamon for topping

To make custard—beat eggs, add scalded milk, salt and vanilla.

Pour over cubed bread and raisins in a 2-quart casserole.

Dribble butter over the top and sprinkle with sugar or cinnamon sugar if desired.

Bake in a waterbath at 350° for 30 to 40 minutes or until a knife comes out clean when testing center of pudding.

Serves 6 to 8

CHERRY PECAN TORTE

2 eggs
2½ cups sugar
2 cups sifted all purpose flour
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon salt
2 tablespoons melted butter
2 teaspoons almond extract
4 cups sour cherries (drained)
1 cup pecans—chopped coarse

Beat eggs, add sugar gradually and continue beating until foamy.

Sift dry ingredients. Fold into egg mixture. Add melted butter and flavoring. Fold in cherries last.

Spread mixture in a greased and floured 9×9×2 baking pan. Sprinkle with pecans.

Bake at 350° for 45 minutes.

Cut in squares and serve with whipped cream or cherry sauce.

Helpful Hint: Use canned or frozen sour cherries. Drain and reserve juice for cherry sauce.

Makes 8 generous servings.

CHERRY SAUCE FOR CHERRY PECAN TORTE

2 cups cherry juice (add water to make 2 cups)
sugar to sweeten if necessary
2 tablespoons cornstarch
¼ teaspoon salt
2 tablespoons butter
few drops almond extract

Mix cornstarch with ¼ cup cherry juice. Heat remaining juice to a boil.

Add cornstarch and continue boiling until sauce is clear and glossy. (3–5 minutes)

Remove from heat, add butter and flavoring and serve over warm Cherry Pecan Torte.

Yield: about 2 cups sauce

MOLDED CHOCOLATE PUDDING

2 squares unsweetened chocolate (2 ounces)
6 tablespoons sugar
⅞ cup water
3½ cups milk
½ cup sugar
¼ cup cornstarch
¼ teaspoon salt
½ cup milk
1 teaspoon vanilla

Mix chocolate, water and 6 tablespoons sugar in a sauce pan and cook over low heat, stirring until chocolate is blended. Continue cooking slowly 10–15 minutes.

Add 3½ cups milk and bring to a boil.

Mix remaining milk, sugar and cornstarch and add gradually to boiling mixture, stirring until it thickens.

Continue cooking slowly for 10 minutes. Add vanilla and blend well.

Pour into custard cups.

Store in refrigerator for several hours before removing from molds.

Yield: serves 8 to 9

BRANDIED CARAMEL CUSTARD

½ cup dark brown sugar—firmly packed
2½ cups scalded milk
3 eggs
⅛ teaspoon salt
½ teaspoon vanilla
1 tablespoon brandy

Melt brown sugar in a heavy skillet over low heat. Do not brown. Remove from heat.

Add scalded milk and stir until sugar is dissolved.

Beat eggs, add remaining ingredients and combine with milk and sugar.

Pour into custard cups and bake in a waterbath at 350° for 35–45 minutes or until knife comes out clean when testing center of custard.

Yield: 6 to 8 custards

VANILLA NUTMEG CUSTARD

2 eggs
⅓ cup sugar
2 cups scalded milk
1 teaspoon vanilla
pinch of salt
nutmeg

Beat eggs and sugar together. Add scalded milk and vanilla.

Pour into buttered casserole or custard cups.

Sprinkle top lightly with nutmeg if desired.

Bake in a waterbath at 350° for 35–45 minutes, or until knife comes out clean when testing center of custard.

Yield: serves 6

FLOATING ISLAND

4 egg yolks
⅓ cup sugar
pinch of salt
3 cups scalded milk
2 teaspoons vanilla

Beat egg yolks with sugar and salt. Add scalded milk gradually.

Cook in a double boiler until custard coats a spoon.

Cool and add vanilla.

FOR MERINGUE

4 egg whites
2 tablespoons sugar
2 tablespoons sifted powdered sugar

Beat egg whites until foamy. Add sugar and continue beating until egg whites peak.

Beat in the powdered sugar and continue beating until sugar is dissolved.

Serve Floating Island very cold with an "Island" of meringue.

Yield: 3½ cups—serves 6 to 8

Helpful Hint: Top with grated chocolate. Serve over strawberries or fresh sliced peaches.

FOR EGG NOG FLOATING ISLAND

Add ⅓ cup brandy to 1 quart of Floating Island.

Top with meringue and a dash of nutmeg.

LEMON ICE BOX PUDDING

3½ tablespoons gelatin
1 cup cold water
3 cups boiling water
1¾ cups sugar
½ teaspoon salt
1⅛ cups lemon juice
¾ cup egg whites
¾ cup granulated sugar

Soak gelatin in cold water five minutes. Add boiling water and stir until dissolved.

Add salt, sugar and lemon juice. Stir well and chill until slightly thickened.

Beat egg whites and sugar to a stiff meringue. Pour thickened mixture into egg whites and blend.

Line a two-quart mold with lady fingers or strips of angel or sunshine cake.

Pour in the pudding mixture.

Chill overnight.

Unmold and serve with lemon custard sauce.

Serves 10 to 12.

LEMON CUSTARD SAUCE for LEMON ICE BOX PUDDING

3 egg yolks
½ teaspoon salt
1⅛ cups sugar
2¼ cups scalded milk
2 teaspoons lemon rind
1 tablespoon lemon juice

Beat egg yolks and salt.

Add milk and mix until well blended.

Cook over hot water until eggs are set, or until the sauce coats a spoon.

Add lemon rind and juice.

Chill.

RAISIN RICE PUDDING

⅓ cup rice
1 quart milk
2 eggs
½ cup sugar
¼ teaspoon salt
½ cup seedless raisins
¼ teaspoon nutmeg if desired

Add 1 cup of milk to rice in a double boiler and cook until milk is absorbed.

Add 2 cups milk and cook until rice is tender.

Add sugar, eggs and spice to remaining 1 cup milk. Beat well and pour over rice.

Add raisins.

Pour into casserole or baking dish and bake in a waterbath at 325° for 45 minutes or until knife comes clean when testing center of pudding.

Stir once or twice during early stage of baking to prevent raisins from sinking to the bottom.

Yield: 8 servings

CREAMY TAPIOCA

1 quart milk
⅓ cup quick-cooking tapioca
⅓ cup sugar
¼ teaspoon salt
2 eggs—separated
3 tablespoons sugar
1 teaspoon vanilla

Scald milk over low heat or in a double boiler.

Mix tapioca with ⅓ cup sugar and salt. Add gradually to hot milk, stirring to prevent lumping.

Stir until pudding starts to thicken and continue cooking until tapioca is clear. (8—10 min.)

Beat egg yolks, blend in a little of the hot mixture and add slowly to pudding.

Remove from heat. Fold in egg whites beaten stiff but not dry with remaining sugar.

Add vanilla.

Yield: about 6 cups

Helpful Hint: Replace sugar with crushed peppermint stick candy and serve with chocolate sauce.

For Mocha Tapioca—flavor with 2 teaspoons instant coffee.

BRANDY SAUCE

1¾ cups sugar
¼ cup flour
pinch of salt
¼ cup butter
2 cups boiling water
¼ cup lemon juice
⅓ cup brandy

Mix sugar, flour and salt in a sauce pan. Rub in the butter. Add boiling water, stirring vigorously to smooth, and boil 3 minutes. Remove from heat, cool, and add lemon juice and brandy. Use with plum pudding, fruit cobblers or mince pie.

Yield: about 3 cups

LEMON SAUCE

2 cups water
1 cup sugar
2 tablespoons cornstarch
1 lemon—juice & grated rind
2 tablespoons butter

Bring water to a boil in a saucepan.

Mix sugar and cornstarch, pour gradually into boiling water, stirring briskly.

Boil slowly 8—10 minutes or until clear and glossy.

Remove from heat and add lemon juice, rind and butter.

Serve warm over warm gingerbread or steamed puddings.

Yield: about 2 cups

RUM SAUCE

6 tablespoons butter
¼ cup flour
¾ cup sugar
2 egg yolks
½ cup milk
1½ cups water
1 cup milk
6 tablespoons light rum

Melt butter in a sauce pan over low heat.

Add flour & sugar and mix until well combined.

Beat egg yolks with ½ cup milk and add to above and mix well.

Add rest of milk and water and bring to a boil.

Cool and add the rum.

Use as a topping for mince pie or plum pudding.

Yield: about 3½ cups

VANILLA SAUCE

1 quart milk
2½ tablespoons butter
6 tablespoons sugar
½ teaspoon salt
1½ tablespoons cornstarch
1 egg yolk
2 teaspoons vanilla

Melt butter in a saucepan. Add milk and bring to a boil.

Mix cornstarch and salt with sugar and stir gradually into milk. Cook 3—5 minutes.

Beat egg yolk and mix with a little of the hot mixture.

Stir into milk mixture and continue cooking until sauce lightly coats a spoon. Remove from heat and add vanilla.

Serve warm over puddings, cobblers or apple dumplings.

Yield: about 1 quart

ICE CREAM

The following recipes are designed for use in an electric or hand crank freezer. Use 6 to 8 parts of crushed ice to 1 part ice cream salt.

Ice cream increases in volume about ¼ to ⅓ during freezing so fill the freezer no more than ⅔ full.

Freeze slowly at first, and more rapidly after mixture starts to freeze.

To ripen, draw off water from freezer, wipe lid and remove. Take out dasher, plug opening in lid with a cork or cover with foil. Repack with ice and salt and allow to ripen several hours before serving. Ice cream may be transferred to a covered plastic container and stored in the freezer compartment of a refrigerator for future use.

BURNT ALMOND ICE CREAM

- 1½ cups sugar
- 1 quart light cream
- 2 eggs
- 1 cup sugar
- 1 cup hot water
- 1 cup evaporated milk
- 1½ tablespoons vanilla
- ½ teaspoon almond flavoring
- 1 cup lightly toasted blanched almonds chopped or slivered

Caramelize 1½ cups sugar in a skillet until golden brown.

Warm the cream and add slowly to caramelized sugar.

Stir to dissolve sugar and let stand to cool.

Beat eggs with remaining sugar, blend in hot water and milk and cook in a double boiler, stirring until mixture coats a spoon.

Remove from heat, add sugar syrup and cool. Add flavoring and almonds and freeze.

Yield: about 3 quarts

BUTTERSCOTCH ICE CREAM

- 1 cup dark brown sugar—firmly packed
- 4 tablespoons butter
- 2 cups hot milk
- 4 eggs
- 1 cup sugar
- ½ teaspoon salt
- 1 quart scalded milk
- 2 tablespoons vanilla
- 1 cup heavy cream

Cook butter with sugar to 240°.

Pour 2 cups hot milk over the sugar and let stand until sugar is dissolved.

Beat eggs with sugar and salt and add 1 quart scalded milk.

Cook in double boiler until custard coats a spoon. Remove from heat and cool.

Add sugar syrup and remaining ingredients and freeze. Serve with butterscotch sauce.

Yield: about 3 quarts

CHOCOLATE ICE CREAM

- 3½ squares (3½ ounces) unsweetened chocolate
- 1½ cups sugar
- ½ teaspoon salt
- 3 eggs
- 1 cup scalded milk
- 1½ quarts light cream
- 1½ teaspoons vanilla

Melt chocolate over hot water. Add sugar and salt gradually, mixing well.

Beat in eggs, one at a time, and continue beating until mixture starts to turn light.

Add scalded milk slowly and mix well.

Cool. Add cream and vanilla and freeze.

Yield: about 3 quarts

ORANGE ICE

- 1 quart water
- 3½ cups sugar
- 1 quart fresh orange juice
- ½ cup fresh lemon juice

Boil sugar and water 10 minutes.

Cool, add juices and freeze.

Yield: about 3 quarts

EGG NOG ICE CREAM

2 cups scalded milk
1¾ cups sugar
½ teaspoon salt
3 eggs
1½ quarts coffee cream
½ cup brandy
6 egg whites
1 cup sugar

Beat egg yolks with 1¾ cups sugar and salt, add scalded milk.

Cook in double boiler until custard coats a spoon.

Cool and add cream and brandy. Freeze. When almost frozen, beat egg whites to a soft peak with remaining sugar and add to the ice cream.

Freeze only for 1 minute after adding egg whites.

Serve with a sprinkle of nutmeg if desired.

Yield: about 3 quarts

FRUIT SHERBET

3 cups sugar
2 cups water
3 eggs
¼ teaspoon salt
1½ cups sugar
3 ripe bananas—crushed
¾ cup lemon juice
1 cup orange juice
3 cups crushed pineapple

Boil water with 3 cups sugar for 5 minutes.

Beat eggs, salt and remaining sugar until light, add syrup gradually while beating.

Cool. Add remaining ingredients, stir to combine and freeze.

Yield: about 3½ quarts

FRESH PEACH ICE CREAM

1 quart crushed peeled ripe peaches
1¾ cups powdered sugar
1 quart light cream
1 cup milk
⅛ teaspoon almond flavoring

Crush the peaches, mix with sugar and allow to stand overnight.

Blend in remaining ingredients and freeze.

Yield: about 3 quarts

FRESH STRAWBERRY ICE CREAM

3 pints fresh ripe strawberries
2 cups sugar
1 quart light cream

Crush strawberries, add sugar, and let stand overnight.

Mix with cream and freeze.

Yield: about 3 quarts

VANILLA ICE CREAM

6 eggs—separated
3 cups sugar
1 cup water
2 quarts light cream or half and half cream and milk
1½ tablespoons vanilla
½ teaspoon salt

Boil sugar and water until it spins a thread. (238°)

Pour over beaten egg whites.

Add well beaten egg yolks.

Blend in cream or milk, vanilla and salt and freeze.

Yield: about 3½ quarts

BRANDIED ORANGE SUNDAE

CANDIED ORANGE STRIPS

2 large seedless oranges
3 cups cold water
1 teaspoon salt
2 cups sugar
1¼ cups water

Peel orange with a sharp knife, leaving no white membrane on the strips.

Cut in thin slivers about 1 inch long.

Add to 3 cups cold water and salt in a sauce pan, bring to a boil and continue cooking for 20 minutes.

Drain and discard the liquid.

Boil sugar and remaining water for 2 minutes, add the orange peel and boil for 5 minutes.

Drain, save the liquid, and roll orange peel in sugar.

Spread on a tray to dry slightly and store in a covered jar until used.

BRANDIED ORANGE SAUCE

1 1/4 cups syrup from candied orange strips
1/3 cup orange juice
1 teaspoon lemon juice
2 tablespoons brandy
1 1/2 tablespoons orange Curacao

Add orange juice to syrup and simmer about 5 minutes.

Remove from heat and cool. Add remaining ingredients.

A drop of yellow color may be added at this point if a deeper color is desired.

TO PREPARE SUNDAE

Fill a large ice cream dipper with half orange sherbet and half vanilla ice cream.

Pour sauce over each serving and top with candied orange strips.

Helpful Hint: This sauce will keep indefinitely under refrigeration.

Be prepared for "seconds".

BUTTERSCOTCH SAUCE

1 cup brown sugar—firmly packed
1/2 cup light corn syrup
4 tablespoons butter
3/4 cup light cream

Heat syrup with sugar, then add butter.

Heat slowly to boiling and continue cooking to 235° or to soft ball stage.

Stir while adding cream gradually.

Remove from heat at once.

Serve warm over ice cream.

Yield: about 2 cups

HOT FUDGE SAUCE

6 squares (6 ounces) unsweetened chocolate
6 tablespoons butter
2 cups sugar
1 tall can (1 1/3 cups) evaporated milk

Melt chocolate with butter in a saucepan over low heat.

Add sugar gradually, stirring to combine.

Stir in milk slowly.

Bring to a boil and remove from heat.

Serve warm over ice cream.

Yield: about 3 1/2 cups

RUMMY PINEAPPLE FOR SUNDAES

1 1/2 cups crushed pineapple
1/4 cup light corn syrup
1/4 cup sugar
1/4 cup light rum

Bring pineapple, sugar and syrup to a boil and simmer over low heat until pineapple is clear. (10—15 minutes)

Remove from heat and cool to room temperature.

Add rum and serve over vanilla or coffee ice cream.

Helpful Hint: More rum may be added if a stronger flavor appeals.

Special treats and goodies galore from Miss Hulling's, where "Cooking and Baking Is an Art."

CAKES, CANDIES COOKIES

PERFECT PIES

BEVERAGES

CAKES — CANDIES — COOKIES

ANGELFOOD
MOCHA ANGEL
SPICY APPLESAUCE SQUARE
GOLDEN BUTTER LOAF

BANANA WALNUT LAYER
CHOCOLATE FUDGE LOAF
CHOCOLATE WONDER ICING
CHOCOLATE JOY CAKE

CHOCOLATE JOY ICING
GERMAN CHOCOLATE CAKE
COCOANUT PECAN FROSTING
HUNGARIAN COFFEE CAKE

COCOANUT MIST LAYER
FLUFFY MARSHMALLOW FROSTING
GINGERBREAD
ORANGE WALNUT LOAF

FLOSSIE'S POTATO WALNUT LOAF
HOT MILK SPONGE CAKE
BUTTERED RUM FOR BABA AU RHUM
STRAWBERRY JAM CAKE

CARAMEL CORN
CHOCOLATE FUDGE
DIVINITY
PEANUT BRITTLE

PRALINES
PRINCESS SQUARES
ENGLISH ALMOND TOFFEE
CHOCOLATE PECAN CHEWS

CHOCOLATE RUM BALLS
COCOANUT GEMS
DATE NUT KISSES
LEMON CUSTARD BARS

HOLIDAY BRANDY BALLS
CRISP OATMEAL COOKIES
STEVIE'S OATMEAL COOKIES
PECAN NUGGETS

BLACK WALNUT PATTIES
SAND BARS
GOOD OLD FASHIONED
SUGAR COOKIES

TOFFEE FINGERS
TURKISH TWINKS
WALNUT DATE BARS

ANGELFOOD

1 cup sifted cake flour
1 cup powdered sugar
1½ cups egg whites
1 teaspoon cream of tartar
½ teaspoon salt
1 cup sugar
1 teaspoon vanilla
1 teaspoon almond flavoring

Sift flour and powdered sugar five times.

Beat egg whites (these must be at room temperature) with cream of tartar and salt until stiff but not dry.

Fold in the sugar and flavoring. Then carefully fold in the sifted flour and powdered sugar.

Pour into a hot ungreased 10-inch angelfood pan which has been heating in the oven while mixing the cake.

Bake at 350° for 30—35 minutes or until done.

Invert and let hang in tube pan on the neck of bottle for 1 hour to cool.

Cake will shrink if removed from pan while warm.

When cool, remove from pan and spread with your favorite icing.

MOCHA ANGEL

Split an angel cake into three layers horizontally.

Mix 1½ tablespoons of instant coffee with one pint of chocolate cream pie filling.

Use this mocha filling between the layers and for icing the outside of the cake.

Sprinkle with chopped nut meats if desired.

SPICY APPLESAUCE SQUARE

½ cup butter
1 cup sugar
2 cups sifted all purpose flour
1½ cups canned applesauce
1 teaspoon cloves
1 teaspoon cinnamon
2 teaspoons soda
½ teaspoon salt
1 cup seedless raisins

Cream butter and sugar until light and fluffy.

Sift salt and spices with flour and add alternately with applesauce.

Dissolve soda in 1 tablespoon hot water and combine with the creamed mixture. Add the raisins.

Pour into a greased and floured 9×9×2 pan.

Bake at 350° for 40 to 45 minutes or until done.

Top with your favorite caramel icing or sweetened whipped cream.

PLANTATION CAKE

Add enough half and half cream to cream cheese for spreading consistency.

Spread on a single thick layer of your favorite spice or applesauce cake and serve with warm lemon sauce.

GOLDEN BUTTER LOAF

1 cup butter
1½ cups sugar
3 eggs
3 cups sifted cake flour
3 teaspoons baking powder
1 cup milk
1 teaspoon vanilla

Cream butter and sugar until light and fluffy.

Continue beating while adding eggs one at a time.

Sift dry ingredients and add alternately with milk. Add flavoring.

Pour into a greased and floured 10-inch tube pan.

Bake at 350° for 45—50 minutes, or until done.

Remove from pan when almost cool.

Serve plain, sprinkled with powdered sugar or iced with your favorite icing.

BANANA WALNUT LAYER

1 cup butter
3 cups sugar
2 teaspoons soda
2 cups mashed ripe bananas
2 eggs
2 egg yolks
4 cups sifted cake flour
2 teaspoons baking powder
1 teaspoon salt
1½ cups buttermilk
2 teaspoons vanilla
1 cup walnut or pecan pieces (chopped coarse)

Cream butter, sugar and soda until light and fluffy.

Add the bananas, then the eggs and yolks and continue beating until well mixed.

Sift flour with baking powder and salt and add alternately with buttermilk and vanilla.

Add nuts with last of flour mixture.

Pour into 3 greased and floured 9-inch cake pans and bake at 375° for 25 minutes or until done.

Invert pans on a wire rack to cool.

If entire cake is to be eaten soon, just before serving, ice with sweetened whipped cream and sliced bananas between the layers.

Bananas will darken if standing for a long time.

CHOCOLATE FUDGE LOAF

1 cup boiling water
2 squares (2 ounces) unsweetened chocolate
½ cup soft butter or margarine
1 teaspoon vanilla
1¾ cup brown sugar—firmly packed
2 eggs
1⅞ cups sifted all purpose flour
1 teaspoon soda
¼ teaspoon salt
½ cup sour cream

Pour boiling water over chocolate in a bowl. Let stand until cool.

Cream butter, sugar and vanilla until light and fluffy.

Add eggs one at a time, beating after each addition.

Sift dry ingredients and blend into creamed mixture.

Add sour cream and chocolate and mix to combine.

Pour into greased, brown paper lined, 9×5×3 loaf pan.

Bake at 325° for 1 hour and 15 minutes or until done.

Let cool on a wire rack for 10 minutes.

Turn cake out of pan and remove paper.

When cool, ice with chocolate fudge frosting or as desired.

CHOCOLATE WONDER ICING

6 ounces cream cheese
6 tablespoons coffee cream
pinch of salt
3 squares (3 ounces) melted unsweetened chocolate
5 cups sifted powdered sugar (about)
1 teaspoon vanilla

Melt chocolate over warm water.

Blend cheese with cream and salt.

Add powdered sugar gradually and continue mixing until smooth.

Add melted chocolate and mix until well blended.

This amount will fill and frost 3 9-inch layers.

Use one half of this recipe for chocolate fudge loaf.

CHOCOLATE JOY CAKE

3 squares chocolate (3 ounces)
½ cup water
½ cup butter
1⅔ cups sugar
3 eggs—beaten
2¼ cups sifted cake flour
3 teaspoons baking powder
¼ teaspoon soda
½ teaspoon salt
1 cup buttermilk
1 teaspoon vanilla

Melt chocolate with water over low heat.

Cook 3—5 minutes or until the mixture forms a thick paste. Cool.

Cream butter and sugar until light and fluffy.

Blend in beaten eggs and add the chocolate mixture.

Sift dry ingredients and add alternately with the milk and vanilla. Pour batter into 2 9-inch round greased and floured cake pans.

Bake at 350° for 30—35 minutes.

Test for doneness with a toothpick.

Invert pans on a wire rack to cool.

Ice with chocolate joy icing.

CHOCOLATE JOY ICING

6 tablespoons butter
1 egg yolk
3 cups powdered sugar
4 tablespoons cocoa
4½ tablespoons hot water
1 teaspoon vanilla

Cream butter with egg yolk.

Sift powdered sugar with cocoa and add alternately with hot water.

Add vanilla and continue beating until smooth.

GERMAN CHOCOLATE CAKE

4 ounces sweet cooking chocolate
½ cup boiling water
1 cup butter
2 cups sugar
4 eggs, separated
1 teaspoon vanilla
2½ cups cake flour
1 teaspoon soda
½ teaspoon salt
1 cup buttermilk

Melt chocolate in boiling water. Cool.

Cream butter and sugar until light and fluffy.

Add egg yolks, one at a time, beating after each addition.

Add vanilla and chocolate mixture and mix until blended.

Sift flour, soda and salt.

Add alternately with the buttermilk, mixing after each addition until batter is smooth.

Fold in stiffly beaten egg whites.

Pour into 3 9-inch round, greased and floured pans.

Bake at 350° 35 to 40 minutes, or until done.

Cool on a wire rack and frost between layers and on top with Cocoanut Pecan Frosting.

COCOANUT PECAN FROSTING

½ cup evaporated milk
1 cup sugar
3 egg yolks
1 cup butter
1 cup shredded or flake cocoanut
1 cup chopped pecans
1 teaspoon vanilla

Blend milk, sugar, egg yolks and butter in a saucepan and cook over low heat, stirring constantly until mixture thickens (about ten minutes).

Remove from heat, add cocoanut, pecans and vanilla, and beat until cool and of spreading consistency.

This amount will cover tops of 3 9-inch layers.

Do not frost sides of cake.

Helpful Hint: For extra glamour, top the cake with sweet chocolate curls.

HUNGARIAN COFFEE CAKE

1 pound of brown sugar
1 cup butter
3 cups cake flour
1 cup buttermilk
1 teaspoon baking soda
2 whole eggs

Cream brown sugar and butter until fluffy.

Add flour and blend.

Take out 1 cup of this mixture and set aside for the crumb topping.

To the remainder add the eggs, then the buttermilk and soda, and mix until the batter is smooth.

Pour into two deep 9-inch round greased layer cake pans.

Top with crumbs made as follows:

Using a pastry blender or fork mix the reserved cup of mixture with . . .
- 1/4 cup butter
- 1/4 cup granulated sugar
- 1 cup cake flour

Bake at 375° for 25 to 30 minutes.

COCOANUT MIST LAYER

3 cups sifted cake flour
2 teaspoons baking powder
1/4 teaspoon salt
1 cup butter
1 pound (3 1/2 cups) confectioner's sugar
4 egg yolks—well beaten
1 cup milk
1 teaspoon vanilla
1 cup shredded cocoanut
4 egg whites—stiffly beaten

Sift flour with baking powder and salt.

Cream butter and sugar until fluffy—add egg yolks and mix well.

Add dry ingredients alternately with the milk, beating after each addition until smooth.

Add vanilla and cocoanut.

Carefully fold in egg whites—bake in three greased 9 inch cake pans at 375° for 25—30 minutes. Cool.

Spread fluffy marshmallow frosting between layers and on outside of cake.

Sprinkle with cocoanut.

Helpful Hint: Vanilla cream pie filling with cocoanut added may be used between the layers.

FLUFFY MARSHMALLOW FROSTING

1 1/4 cups sugar
1/8 teaspoon cream of tartar
6 tablespoons water
pinch of salt
3 egg whites
1 teaspoon vanilla

Combine sugar, cream of tartar, water and salt in a saucepan.

Boil to 260° or hard ball stage.

Beat eggs until stiff but not dry.

Add syrup gradually while beating.

Add vanilla and continue beating until frosting is stiff and of a consistency to spread.

GINGERBREAD

1/2 cup shortening or butter
1/2 cup sugar
1 egg
2 1/2 cups sifted cake flour
1 1/2 teaspoons soda
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger
1/2 teaspoon cloves
1 cup warm water
1 cup molasses

Cream shortening and sugar until light and fluffy.

Add slightly beaten egg and continue beating until well mixed.

Sift dry ingredients with cake flour and add alternately with molasses mixed with warm water.

Pour into a greased and floured 9×9×2 pan and bake at 350° for 45 minutes or until done.

Cool on a wire rack. While still warm, cut into squares and serve with sour cream and lemon sauce.

ORANGE WALNUT LOAF

1 cup butter
1 cup sugar
1 cup sour cream
3 eggs—separated
2 cups sifted cake flour
1 teaspoon soda
1 teaspoon baking powder
grated rind of 1 orange

Cream butter and sugar.

Add beaten egg yolks, sour cream and orange rind. Add sifted dry ingredients and nuts. Fold in egg whites.

Spoon batter into a greased and floured 10-inch tube pan and bake at 350° for 50—60 minutes or until done.

Remove from oven and let stand 10 minutes.

Turn out on a plate and while still warm, pour over it a syrup made by combining the juice of two oranges, juice of 1 lemon, ¾ cup sugar and a dash of salt, boiling hard for 3 minutes.

Pour over the cake slowly so it absorbs all the syrup.

FLOSSIE'S POTATO WALNUT LOAF

1 cup butter
2 cups sugar
1 cup cold mashed potatoes
4 eggs—separated
2 cups cake flour
2 teaspoons baking powder
½ teaspoon nutmeg
1 teaspoon cinnamon
1 tablespoon cocoa
½ teaspoon salt
½ cup milk
1 cup black walnut pieces

Cream butter and sugar until light and fluffy.

Add the mashed potatoes and egg yolks and blend well.

Sift the dry ingredients and add alternately with the milk.

Add the nut meats with the last of the flour.

Beat the egg whites stiff and carefully fold into the batter.

Pour into a greased and floured 10-inch tube loaf pan.

Bake at 350° for 1 hour.

HOT MILK SPONGE CAKE

1 cup milk
1 tablespoon melted butter
1 teaspoon vanilla
4 eggs
2 cups sugar
¼ teaspoon salt
2 cups sifted cake flour
2 teaspoons baking powder

Heat milk and butter to boiling and cool to hand temperature. Add vanilla.

Beat eggs with sugar and salt until thick and lemon colored.

Sift flour with baking powder and fold carefully into the egg mixture.

Combine with milk and melted butter.

Pour into 2 9-inch round greased and floured cake pans. Bake at 325° for 25 minutes or until done.

Invert on a wire rack to cool.

Excellent for fruit-filled or whipped cream cakes. This batter may also be used for Boston Cream Pie, Baked Alaska or Mary Anns for Baba Au Rhum.

BUTTERED RUM SYRUP FOR BABA AU RHUM

2 cups sugar
1 cup cold water
1 tablespoon butter
⅓ cup rum

Boil sugar and water for 2 minutes. Remove from heat and add butter. Cool and add the rum. Soak individual Mary Anns in rum syrup and place in serving dish. Fill center with vanilla ice cream and serve.

STRAWBERRY JAM CAKE

¾ cup butter
1½ cups light brown sugar—firmly packed
3 eggs—separated
1 cup strawberry jam
2 cups sifted cake flour
1 teaspoon baking powder
2 teaspoons soda
1 teaspoon cinnamon
½ teaspoon nutmeg
1 cup buttermilk

Cream butter and sugar until light and fluffy. Add the egg yolks, beating until well mixed.

Add the strawberry jam.

Sift dry ingredients and add alternately with buttermilk.

Beat egg whites stiff, but not dry, and fold carefully into the cake batter.

Pour into 9-inch round greased and floured pans.

Bake at 350° for 25 minutes or until done.

Remove from pans when almost cool.

When thoroughly cool, spread sweetened whipped cream between the layers and on top of cake.

CARAMEL CORN

1 cup sugar
½ cup water
½ cup sorghum molasses
¼ teaspoon salt
½ cup butter
1 teaspoon vanilla
1 tablespoon sugar
3 quarts popped corn

Mix sugar, water, sorghum and salt in a saucepan. Cook to 240°.

Remove from heat and add butter, vanilla and remaining sugar.

Return to heat and cook to 280° or until brittle when dropped in cold water.

Stir constantly to prevent burning.

Pour over popcorn and toss until the corn is coated and cool.

If not used at once, store in an air-tight container to keep crisp.

Yield: about 3 quarts Caramel Corn

CHOCOLATE FUDGE

3 squares unsweetened chocolate (3 ounces)
½ cup milk
pinch of salt
2 cups sugar
⅓ cup light corn syrup
2 tablespoons butter
1 teaspoon vanilla
1 cup chopped pecans

Combine sugar, salt, chocolate, milk and syrup in a saucepan; stir over low heat until sugar dissolves.

Continue cooking to a soft ball stage. (236-38°)

Remove from heat. Drop in butter. Do not stir.

Cool to 110° or until outside of pan feels lukewarm to the hand.

Add vanilla. Beat with a spoon until candy loses gloss.

Quickly fold in the nutmeats and turn into a greased pan or platter, spreading to three-fourths inch thickness.

Cool and cut.

Yield: about 1½ pounds

DIVINITY

2½ cups sugar
½ cup light corn syrup
½ cup water
2 egg whites
pinch of salt
1 teaspoon vanilla
1 cup chopped pecans

Combine sugar, syrup and water in a saucepan. Stir to dissolve sugar and cook to 265° or hard ball stage.

Beat egg whites and salt until stiff but not dry.

Add syrup slowly to egg whites, beating all the while. Continue beating until mixture begins to lose gloss.

Add vanilla and nuts.

Drop by spoonfuls onto waxed paper or spread in a greased pan and cut when cool.

Yield: about 1½ pounds Divinity

PEANUT BRITTLE

2 cups sugar
1 cup light corn syrup
1 cup water
2 cups unroasted peanuts
¼ teaspoon salt
1 teaspoon butter
¼ teaspoon soda

Combine sugar, corn syrup and water in a heavy skillet. Cook slowly. Stir until sugar dissolves. When mixture reaches soft ball stage (236°) remove from heat and add peanuts and salt.

Cook to hard crack stage (290°.) Stir constantly to prevent burning. Remove from heat, add butter and soda and stir to blend.

Pour into greased platter. Lift edges as candy cools so it won't stick. When firm, turn over. Break into pieces when cool.

Yield: about 2 pounds Peanut Brittle.

PRALINES

3 cups sugar
½ cup butter
1 teaspoon soda
1 cup buttermilk
2 tablespoons white corn syrup
1 tablespoon vanilla
3 cups pecan halves

Dissolve soda in buttermilk, add sugar and syrup and stir until thoroughly dissolved.

Place over low heat, and, when mixture is hot, stir in the butter.

Cook until mixture reaches soft ball stage. (236° or 240° if weather is humid)

Cool to hand temperature, beat until creamy, add vanilla and pecans.

Drop on waxed paper in desired size.

Makes about 36 medium Pralines

PRINCESS SQUARES

Pat any good sugar cookie dough about ⅜ inch thick in a 9-inch square pan.

Spread with apricot filling or thick preserves and top with streussel.

Bake at 350° for 15—20 minutes or until crumbs are golden brown.

Cut into 1-inch squares while still warm.

APRICOT FILLING

Barely cover 1 cup dried apricots with water and let soak over night.

Simmer over low heat until tender, mash, and add ¼ cup sugar and continue cooking slowly until thick.

Set aside to cool.

Add ¼ cup shredded cocoanut (chopped fine) if desired.

STREUSSEL (CRUMB TOPPING)

½ cup all purpose flour
3 tablespoons sugar
4 tablespoons butter
pinch of salt

Blend all ingredients until crumbly.

ENGLISH ALMOND TOFFEE

1 cup butter
1½ cups sugar
⅓ cup white corn syrup
⅓ cup chopped blanched almonds
sweet chocolate—melted
chopped toasted almonds for coating

Boil sugar, corn syrup and butter in a saucepan.

When temperature reaches 232° add the blanched almonds.

Continue cooking to 300°. Watch carefully so candy does not burn.

Pour at once on a buttered slab or cookie sheet.

Spread quickly to ¼ inch thickness.

Score in 1 inch pieces before toffee cools.

When cold, dip pieces in melted sweet chocolate and roll at once in chopped toasted almonds.

CHOCOLATE PECAN CHEWS

1 cup brown sugar—firmly packed
½ cup cake crumbs (or vanilla wafer crumbs)
2 cups pecans—chopped fine
1 teaspoon cinnamon
1 teaspoon cake flour
pinch of salt
½ cup cocoa
½ cup egg whites
1 teaspoon vanilla

Blend dry ingredients until well mixed.

Beat egg whites until stiff but not dry.

Fold into crumb mixture, add vanilla and chill in refrigerator.

Drop in small mounds on greased and floured cookie sheets.

Bake at 350° for 8—10 minutes.

Do not overbake.

For special occasions, decorate each cookie with a pecan half before baking.

CHOCOLATE RUM BALLS

1½ cups dry cake or vanilla wafer crumbs
¾ cup powdered sugar
¾ cup pecans—chopped fine
¼ cup rum
1½ tablespoons white corn syrup
¾ cup cocoa
powdered sugar for rolling

Toast crumbs lightly. Add other ingredients, mixing well.

Add rum and corn syrup and mix until well combined.

Roll into ½ inch balls.

Place on a bed of powdered sugar, cover with powdered sugar and let stand for 1 hour.

Remove from sugar and store in a covered container.

Yield: Makes about 60 chocolate rum balls.

COCOANUT GEMS

1 cup granulated sugar
½ cup egg whites
pinch of salt
4 cups shredded cocoanut
1 teaspoon vanilla
extra cocoanut for rolling

Warm egg whites and sugar over hot water until bowl feels hot to the hand.

Beat at high speed until stiff.

Fold in vanilla and cocoanut and mix only until well combined.

Drop by teaspoonfuls on a tray of shredded cocoanut.

Roll into balls. Place on lightly greased cookie tray and bake at 275° only until lightly browned.

Helpful Hint: For Christmas—Add a decoration of a tiny piece of red or green candied cherry before cookies are baked.

DATE NUT KISSES

1 cup sugar
½ cup egg whites
pinch of salt
¾ cup chopped dates
1 cup chopped pecans
¾ teaspoon vanilla

Mix egg whites, sugar and salt.

Heat over hot water until a little warmer than hand temperature.

Place in mixer and beat at high speed until stiff.

Fold in dates, pecans and vanilla.

Drop by teaspoonsful on parchment paper or ungreased cookie trays.

Bake at 275° until the kisses can be lifted from the paper.

Cool before removing from the tray.

Yield: about 1¼ pounds

Helpful Hint: For variety use chocolate or butterscotch chips in place of dates. Color the kisses pale pastel colors for a party.

LEMON CUSTARD BARS

¾ cup butter
⅓ cup powdered sugar
1½ cups all purpose flour

Mix the above ingredients until crumbly as you would for pie crust and press into the bottom of an oblong baking pan (6×9 inches).

Bake at 350° for 20 minutes.

Remove from oven. Set aside and prepare topping.

TOPPING FOR CUSTARD BARS

3 eggs—slightly beaten
1 cup sugar
1 tablespoon flour
⅓ cup lemon juice

Mix to combine and pour over the baked crumbs.

Return to the oven and bake 20 minutes longer.

When cool, sprinkle with powdered sugar and cut in squares.

Remove from pan with a spatula as soon as cooled.

These squares may be decorated with pink flowers and green leaves for a "party" look.

HOLIDAY BRANDY BALLS

9½ cups dry cake or vanilla wafer crumbs
¾ cup powdered sugar
¾ cup pecans—chopped fine
¼ cup brandy
1½ tablespoons white corn syrup
powdered sugar for rolling

Toast crumbs lightly. Add other dry ingredients, mixing well.

Add brandy and corn syrup and mix until well combined.

Roll into ½ inch balls. Place on a bed of powdered sugar, cover with powdered sugar and let stand for 1 hour.

Remove from sugar and store in a covered container.

Yield: Makes about 60 Brandy Balls.

Helpful Hint: A brandy-soaked glazed cherry in the center of each ball gives added interest and flavor.

CRISP OATMEAL COOKIES

3 cups rolled oats
1 cup brown sugar—firmly packed
1 cup sifted all purpose flour
1 cup soft butter
1 teaspoon soda
¼ cup boiling water

Mix oats with sugar and flour. Add butter and mix well.

Add soda dissolved in boiling water and mix to form a dough.

Shape into a 2-inch roll and wrap in foil or waxed paper.

Chill thoroughly. Slice thin and bake at 350° for 8—10 minutes, or until lightly browned. Do not overbake.

Makes about 4 dozen medium cookies.

STEVIE'S OATMEAL COOKIES

½ cup butter or shortening
½ cup sugar
½ cup brown sugar
1 egg
1 tablespoon water
½ teaspoon vanilla
⅞ cup flour
¼ teaspoon soda
½ teaspoon salt
1½ cups rolled oats
1¼ cups raisins

Cream the shortening and sugar. Add egg, water and vanilla.

Toast oatmeal in a shallow pan in the oven until lightly browned.

Sift dry ingredients, add oatmeal and raisins and blend with the first mixture until dry ingredients are moistened.

Drop with a teaspoon on greased floured pans.

Bake at 375° for about ten minutes.

Yield: about 1½ pounds

PECAN NUGGETS

2 egg whites
3 tablespoons sugar
2 tablespoons white corn syrup
2 cups chopped pecans
1 1/2 cups brown sugar
2 2/3 cups cake or cookie crumbs

Beat egg whites, granulated sugar and corn syrup until stiff.

Fold in remaining ingredients.

Drop by teaspoonsful on greased, flour-dusted trays.

Bake at 325° until lightly browned.

Yield: about 1 3/4 pounds

Helpful Hint: Vanilla wafer crumbs may replace cake or cookie crumbs.

SAND BARS

3/4 cup butter
3 tablespoons sugar
2 teaspoons vanilla
2 1/2 cups cake flour
1/2 teaspoon salt
1 cup pecans—chopped coarse
powdered sugar for rolling

Cream butter, sugar and vanilla until well blended.

Sift salt and flour, add and mix to combine.

Add pecans with last of flour.

Shape pieces of dough into 1/2 inch rolls and cut into bars 2 inches long.

Bake on ungreased cookie pans at 350° until very lightly browned (about 10 minutes). Do not overbake.

Roll sand bars in powdered sugar while still warm.

BLACK WALNUT PATTIES

2 cups brown sugar—firmly packed
2 eggs
1/2 teaspoon salt
1 1/2 teaspoons vanilla
1 cup all purpose flour
2 cups black walnuts—chopped fine

Beat eggs, brown sugar, salt and vanilla until light and creamy.

Add flour and nuts and mix to combine.

Drop by heaping teaspoonfuls about 2 inches apart on a greased cookie sheet.

Bake at 350° for 10—12 minutes or until lightly browned. Do not overbake.

Yield: about 1 1/2 pounds

GOOD OLD FASHIONED SUGAR COOKIES

1 cup butter
1 1/2 cups sugar
2 eggs
2 tablespoons milk
2 teaspoons vanilla
2 1/2 teaspoons baking powder
3 3/4 cups cake flour

Let butter stand in the mixing bowl until soft.

Add, sugar, eggs, milk and vanilla and mix thoroughly.

Sift baking powder with the flour and stir into the mixture. Chill well.

Roll thin on a lightly floured board or pastry cloth. Cut in desired shapes.

Place on greased and flour-dusted cookie trays. Sprinkle with granulated sugar.

Bake at 350° for about 8—10 minutes, or until slightly browned.

Yield: about 2 1/4 pounds

Helpful Hint: Dress these cookies up for the Holidays with colored sugar, cake sprinkles or decorettes.

Press a small metal curtain ring in the edge of each cookie before baking. Hang on the tree for extra decorations.

TOFFEE FINGERS

1/2 cup butter or shortening, melted
1 tablespoon light corn syrup
1/2 cup brown sugar—firmly packed
1 teaspoon vanilla
1 3/4 cups uncooked oatmeal
1/4 teaspoon baking powder
1/4 teaspoon salt
1/3 cup shredded cocoanut

Blend butter, syrup, brown sugar and vanilla.

Mix dry ingredients and add to the butter mixture. Combine thoroughly.

Pat thin (about 1/4 inch thick) in a greased shallow pan.

Bake 12—15 minutes at 325° or until golden brown. Watch carefully. These brown quickly.

Cut into narrow fingers while still warm.

TURKISH TWINKS

2 cups dry cereal (wheat flakes, cornflakes or similar ready to eat cereal)
¾ cup pitted dates
½ cup pecans
½ cup cocoanut
2 tablespoons honey
1 tablespoon butter
2 teaspoons lemon juice
granulated sugar for coating cookies
pecan halves if desired

Put cereal, dates, pecans and cocoanut thru a food chopper.

Add honey, butter and lemon juice and knead until well blended.

Shape into small balls.

Roll in granulated sugar or flaked cocoanut. Top each ball with a pecan half if desired.

WALNUT DATE BARS

2 eggs
1 cup brown sugar—firmly packed
1 teaspoon vanilla
1 cup cake flour
½ teaspoon baking powder
¼ teaspoon salt
1 cup walnuts—chopped coarse
1 cup dates—cut in quarters
powdered sugar

Beat eggs with sugar and vanilla until light and fluffy.

Sift flour with baking powder and salt and fold into egg mixture.

Add nuts and dates and mix to combine.

Spread in 2 8-inch square greased and floured pans.

Bake at 325° for 20—25 minutes or until lightly browned.

Cut in bars while still warm and roll in powdered sugar.

A flaky delicate crust is a "must" for a perfect pie. Chill the ingredients and treat most tenderly.

PERFECT PIES

FLAKY PIE CRUST
GRAHAM CRACKER CRUST FOR CREAM PIES
GRASSHOPPER PIE
CHOCOLATE ANGEL PIE

LEMON ANGEL PIE
DUTCH APPLE PIE
CHESS PIE
VANILLA CREAM FILLING

BANANA CREAM PIE
COCOANUT CREAM PIE
CHOCOLATE CREAM PIE
COTTAGE CHEESE PIE

FRESH CONCORD GRAPE PIE
LEMON PIE FILLER
MERINGUE FOR LEMON PIE
ORANGE AMBROSIA PIE FILLING

ORANGE AMBROSIA PIE
PEACH PIE SUPREME
SWEETENED WHIPPED CREAM FOR PIES CAKES AND DESSERTS
PUMPKIN PIE

ROYAL RAISIN PIE
RUM CREAM PIE
GLAZED STRAWBERRY PIE

FLAKY PIE CRUST

2 1/4 cups sifted all purpose flour
1 teaspoon salt
7/8 cup shortening
1/3 cup cold water (about)

Sift flour and salt; cut in shortening with a pastry blender or 2 knives until crumbs resemble small peas.

Sprinkle water over all—1 tablespoon at a time—stirring carefully with a fork.

Add only enough water to moisten, and do not over-mix.

Form into 2 balls. Cover well and chill before rolling for easier handling.

For Baked Shell—Roll on a lightly floured board or canvas from center to outer edges to 1/8 inch thickness.

Pastry should be slightly larger than top of pan.

Cover inverted pie pan with dough and prick with a fork. Cover with a pan of the same size and trim edges.

Bake at 400° for 5 minutes.

Remove top pan and continue baking until golden brown.

Turn right side up in cool pan and let cool before filling.

Pastry for 2-crust pie:—Roll dough 1/8 inch thick and slightly larger than pie pan. Place loosely in the pie pan. Press out all air bubbles and fill pie.

Roll the top crust slightly larger than the size of the pan. Cut or prick dough to allow for escape of steam. Moisten edge of lower crust.

Cover with top crust, trim edges and press firmly to seal.

For very juicy pies, cut top crust 1/2 inch larger than pan, turn edge under bottom crust and flute the edges to make a perfect seal.

Baking temperature varies with the type of filling.

GRAHAM CRACKER CRUST FOR CREAM PIES

1 1/3 cups graham cracker crumbs
1/3 cup brown sugar—firmly packed
1/2 teaspoon cinnamon
1/3 cup melted butter

Mix all ingredients until crumbly.

With the back of a spoon, press crumbs evenly in bottom and sides of a well greased 9 inch pie pan.

Reserve 3 tablespoons to sprinkle top of pie.

Fill shell with your favorite cream filling (chocolate, vanilla or butterscotch) and top with whipped cream and sprinkle with remaining crumbs.

GRASSHOPPER PIE

CRUST

1 cup chocolate wafer crumbs
1/4 cup sugar
3 tablespoons melted butter

FILLING

1/4 cup milk
6 1/2 cups miniature marshmallows
1/2 cup green creme de menthe
2 tablespoons white creme de menthe
2 cups whipped cream
green food coloring

Combine crumbs, sugar and butter.

Press mixture evenly into bottom and sides of a 9 inch pie pan.

Place milk and marshmallows in top of a double boiler. Heat and stir over hot (not boiling) water until marshmallows are melted. Remove from heat and cool.

Add liqueurs to marshmallow mixture and blend well. Tint pale green with a few drops of food coloring.

Fold into whipped cream. Spoon into chocolate crust. Freeze until firm.

Decorate each piece with a rosette of whipped cream and fresh strawberry or a few crumbs reserved from the crust.

This recipe makes a mile-high 9-inch, or, 2 8-inch pies.

CHOCOLATE ANGEL PIE

4 egg whites
1 cup sugar
¼ teaspoon cream of tartar
½ cup chopped pecans
¾ cup semi-sweet chocolate bits
3 tablespoons hot water
1 teaspoon vanilla
1 cup heavy cream—whipped

For Meringue Shell: Sift sugar and cream of tartar.

Beat eggs until stiff but not dry.

Add sugar gradually and continue beating until smooth and glossy.

Line greased 9-inch pie pan with meringue—shaping with a spoon.

Sprinkle with chopped nuts.

Bake at 275° 1 hour or until delicate brown.

For Filling: Melt chocolate in a double boiler, stir in water and cook until thick.

Add vanilla, cool and fold into whipped cream.

Fill shell and chill in refrigerator 3 to 4 hours before serving.

LEMON ANGEL PIE

For Meringue Crust: See chocolate angel pie recipe. Prepare a 9-inch meringue shell—omitting the chopped pecans.

4 egg yolks—beaten
½ cup sugar
1 lemon—juice and grated rind
1 tablespoon flour
½ cup water
1 cup heavy cream—whipped
½ teaspoon vanilla

In a double boiler, cook egg yolks, sugar, lemon juice, flour and water until thick and clear; stirring all the while.

Remove from heat.

Cool. Fold in whipped cream and vanilla and spoon into meringue shell.

Chill for 3 to 4 hours in refrigerator before serving.

Helpful Hint: Miss Hulling's Lemon Cream Pie filler makes a heavenly Angel Pie.

SHAM TORTE: Prepare a meringue shell. Chill.

Just before serving, fill with scoops of vanilla ice cream.

Pass sweetened red raspberries, sliced strawberries or an ice cream sauce.

DUTCH APPLE PIE

1½ pounds apples
1 tablespoon butter
¾ cup sugar
¼ teaspoon cinnamon
pinch of nutmeg
⅛ teaspoon salt
½ cup water
one 10-inch, deep unbaked pie shell

Peel and quarter the apples.

Arrange them in circular fashion in the unbaked pie shell.

Sprinkle with sugar mixed with spices and dot with butter.

Pour ½ cup of water over all.

Bake at 400° for 50 to 60 minutes.

Helpful Hint: To be sure apples are completely cooked, cover with an inverted pie tin during the last 10 minutes of the baking period.

CHESS PIE

1 8-inch unbaked pie crust
6 eggs—well beaten
1 cup soft butter
2 cups granulated sugar
2 teaspoons vanilla

Beat eggs until light, add the sugar and continue beating until the sugar is dissolved.

Add butter and vanilla and mix to combine.

Pour into the unbaked crust.

Bake at 350° 40 to 45 minutes or until knife comes clean when testing center of the pie.

Invert a pie pan over pie during last 10 minutes of baking so pie does not become too brown.

Helpful Hint: Add ½ cup shredded cocoanut to basic recipe.

VANILLA CREAM FILLING

2 cups milk
2 egg yolks—beaten
7 tablespoons sugar
2 tablespoons cornstarch
3 tablespoons butter
⅛ teaspoon salt
¾ teaspoon vanilla

Bring 1½ cups milk to a boil over low heat. Add egg yolks, sugar and cornstarch to remaining ½ cup milk and add to hot milk.

Cook over low heat until thickened, stirring constantly, until glossy.

Add butter and salt. When cool, add vanilla.

Makes filling for 1 9-inch pie.

BANANA CREAM PIE

1 9-inch baked pie crust
1 recipe vanilla cream filling
2 bananas
¾ cup heavy cream—whipped

Spoon one-third of the filling in a baked pie shell.

Slice 1 banana over the surface of the filler, add another one-third of the filler, and slice the second banana over this.

Cover evenly with remaining filler and top with sweetened whipped cream.

COCOANUT CREAM PIE

1 9-inch baked pie crust
1 recipe vanilla cream filling
1 cup fresh grated cocoanut or shredded cocoanut
¾ cup heavy cream—whipped

Fold cocoanut into filling and spoon into baked pie crust. Top with sweetened whipped cream and sprinkle top lightly with cocoanut.

For a change in flavor—try toasting the cocoanut.

CHOCOLATE CREAM PIE

1 9-inch baked pie crust
2 cups milk
2 squares (2 ounces) unsweetened chocolate
⅞ cup sugar
½ teaspoon salt
4 tablespoons cornstarch
⅔ cup cold milk
2 tablespoons butter
2 egg yolks
¾ teaspoon vanilla

Heat 2 cups milk over low heat with chocolate, sugar and salt. Beat until well blended.

Mix cornstarch with cold milk, add to chocolate mixture and stir until thickened.

Continue cooking 6—8 minutes or until glossy.

Beat egg yolks, add some of the hot mixture, and then add this to the rest of the chocolate mixture.

Add vanilla, remove from heat and allow to cool to room temperature, before spooning into baked pie crust.

Top with meringue, or chill thoroughly, spread with 1 cup whipped cream and sprinkle with grated chocolate.

COTTAGE CHEESE PIE

1 9-inch unbaked pie crust
1 pound dry cottage cheese (2 cups well drained)
1 cup sugar
1 tablespoon flour
¾ teaspoon salt
3 eggs
1¼ cups light cream
⅓ cup milk
2 tablespoons lemon juice
1 teaspoon grated lemon rind
½ cup raisins

Beat cheese with sugar, flour and salt until smooth. Continue beating while adding eggs one at a time.

Add cream, milk, lemon juice and gratings. Mix to blend well.

Sprinkle raisins over bottom of pie shell. Pour in cheese filling. Sprinkle top lightly with cinnamon if desired.

Bake for 10 minutes at 475°, reduce heat to 375° and continue baking for 30 to 35 minutes or until knife comes clean when testing center of pie.

Helpful Hint: Omit cinnamon and spread top of pie with pineapple glaze when pie is cool.

FRESH CONCORD GRAPE PIE

Pastry for 2-crust pie:
1¾ pounds Concord grapes
2 tablespoons white corn syrup
1 cup sugar
1½ tablespoons cornstarch
pinch of salt
1 teaspoon lemon juice

Wash the grapes, stem and separate skin from pulp. Place pulp in a saucepan and simmer for 5 minutes. Strain through a coarse strainer to remove seeds. Return strained pulp to the saucepan and heat to boiling.

Mix cornstarch, sugar and salt and add to pulp, stirring briskly. Simmer 5 minutes and cool.

Add grape skins and lemon juice.

Pour into a 9-inch unbaked pie shell. Place a lattice of pastry over the top or a full crust if desired. Brush with milk or cream and sprinkle lightly with granulated sugar.

Bake at 375° for 40—45 minutes or until crust is brown and crisp.

LEMON PIE FILLER

1 9-inch baked pie crust
1½ cups water
1¾ cups sugar
¼ teaspoon salt
1 tablespoon grated lemon rind
6 tablespoons cornstarch
½ cup cold water
3 egg yolks
1 tablespoon butter
¼ cup lemon juice

Heat water to boiling with sugar, salt and lemon rind.

Moisten cornstarch with ½ cup cold water and add to boiling mixture while stirring to prevent lumping. Continue cooking over low heat until filling is clear and glossy (6—8 minutes).

Beat egg yolks, add a little of the hot mixture and add to the cooked filling. Stir until completely blended and the egg is cooked. Remove from heat and blend with butter and lemon juice. Let cool while making the meringue.

Spoon into baked pie crust and top with meringue. Brown according to directions for meringue.

MERINGUE FOR LEMON PIE

3 egg whites
3 tablespoons sugar
3 tablespoons sifted powdered sugar

Beat egg whites until foamy. Add sugar gradually, while continuing to beat, then the powdered sugar and continue beating until meringue forms a firm peak, but is not dry.

Spread meringue over pie filling, using care to bring it to the crusts of the pie so all the filling is covered.

Bake in the oven at 350°, only until light brown.

MISS HULLING'S LEMON CREAM PIE

Chill lemon pie filling and fold in 1 cup of whipped cream.

Spoon into baked pie shell.

Garnish with fresh lemon gratings if desired.

ORANGE AMBROSIA PIE FILLING

1 cup orange juice
1 cup water
1½ cups sugar
½ cup cornstarch
1 cup cold water
2 whole eggs
¾ teaspoon salt
1½ tablespoons butter
1 tablespoon orange gratings
6 tablespoons orange juice
2 tablespoons lemon juice

Heat juice, water and sugar until boiling. Mix starch and cold water, add to boiling mixture.

Cook over low heat until clear and glossy (7—10 minutes).

Beat eggs and salt, add a little of the hot mixture and blend.

Stir into the hot mixture and continue stirring until the eggs are cooked.

Add remaining ingredients and stir until well blended.

Cool to room temperature before assembling the pie.

ORANGE AMBROSIA PIE

1 10-inch deep baked pie shell
½ cup orange slices
orange filling
meringue
¾ cup flaked cocoanut

Pour half the filling into pie shell.

Arrange half the orange slices over the filling, and a sprinkling of cocoanut.

Add remaining filling.

Top with your favorite meringue. Decorate top of pie with orange slices and cocoanut.

Helpful Hint: Do not brown. This is to be served with an unbaked meringue.

Yield: One deep ten-inch pie that serves eight people generously.

PEACH PIE SUPREME

1 9-inch unbaked pie crust
12—14 ripe peach halves (2#—do not peel)
⅔ cup granulated sugar
2 tablespoons all purpose flour
⅛ teaspoon cinnamon
½ cup light cream

Arrange peach halves in circular fashion in unbaked pie shell.

Mix remaining ingredients and pour evenly over the peaches.

Bake at 375° until crust is brown and peaches are tender. About 45—50 minutes.

SWEETENED WHIPPED CREAM FOR PIES, CAKES AND DESSERTS

Combine ½ pint heavy cream with 3 tablespoons powdered sugar and 1 teaspoon vanilla.

Beat until stiff.

Makes about 2 cups whipped cream.

Helpful Hint: To freeze extra whipped cream: Drop spoonfuls of whipped cream on foil.

Freeze, then wrap for future use.

PUMPKIN PIE

1 9-inch unbaked pie crust
1⅓ cups canned pumpkin
6 tablespoons sugar
½ teaspoon salt
2½ tablespoons flour
6 tablespoons sugar
½ teaspoon cinnamon
½ teaspoon ginger
1⅓ cups milk
⅓ cup light cream
3 eggs—beaten

Cook pumpkin with 6 tablespoons of sugar and salt in a saucepan for 5 minutes.

Mix spices and flour with remaining sugar, add to the pumpkin and heat to thicken.

Remove from heat.

Mix beaten eggs with milk and cream and blend into pumpkin mixture.

Cool. Pour into pie shell.

Bake for 10 minutes at 450°, reduce heat to 350° and continue baking for 25—30 minutes or until pie puffs in the center and a knife comes out clean when testing the center of pie.

Helpful Hint: For a special treat—serve warm topped with whipped cream and drizzled with honey.

ROYAL RAISIN PIE

1½ cups sour cream
2 eggs—separated
1 cup powdered sugar
2 tablespoons flour
2 cups seedless raisins—chopped coarse
2 egg whites
1 teaspoon vanilla
½ cup toasted pecans—chopped coarse

Heat sour cream over low heat but do not boil. Stir in egg yolks beaten with powdered sugar and flour. Continue cooking until thickened. Add raisins and mix.

Remove from heat, add vanilla and pecans and fold in egg whites (beaten stiff but not dry).

Spoon into baked pie shell, cool, and top with whipped cream.

Makes 1 9-inch pie.

RUM CREAM PIE

1 9-inch baked pie crust
6 egg yolks
1 cup sugar
1 tablespoon gelatin
½ cup cold water
1 pint heavy cream—whipped
½ cup light rum

Beat egg yolks until light; add sugar and beat to combine.

Soak gelatin in cold water 5 minutes and heat to boiling.

Pour over egg and sugar mixture, stirring briskly.

Whip cream until stiff and fold into egg mixture with the rum.

Spoon into baked pie crust. Refrigerate to set the gelatin. Top with sweet chocolate curls.

Helpful Hint: Use a vegetable peeler to cut curls from large pieces of sweet chocolate.

The chocolate must be warmed to room temperature. If the curls break the chocolate is too cold.

Use chocolate curls to decorate German Chocolate Cake, Rum Cream Pie or cream puddings.

GLAZED STRAWBERRY PIE

1 quart ripe strawberries
1 cup water
1½ tablespoons cornstarch
pinch of salt
¾ cup sugar
¼ cup corn syrup
1 teaspoon lemon juice
few drops of red color
1 9-inch baked pie shell

Stem the strawberries, take out one cup of the small or less perfect ones. Crush the cup of small berries, add water and cook two or three minutes, then strain, discard berries.

Add corn syrup. Mix the starch, salt and sugar and stir into the berry juice. Cook until thick and clear, stirring constantly.

Remove from heat, add lemon juice and fruit coloring.

Fill the baked pie shell with the remaining whole berries.

Pour hot thickened sauce over the berries, so that each one is covered.

Decorate with whipped cream if desired.

Needs more cornstarch
used 3 tbsp - try 4 less
6-6-84 good!

To cool a hot afternoon or pep up a party. There's a hot mulled cider for a cold winter's day.

BEVERAGES

FRUITADES
- **LEMONADE**
- **LIMEADE**
- **ORANGEADE**
- **FRESH MINT LEMONADE**

MULLED CIDER
SPARKLING PARTY PUNCH

FRUIT ADES

For all fruit ades, combine sugar, fruit juice and water and stir until sugar is dissolved. Serve with crushed ice.

LEMONADE — About 3⅓ quarts.

3 cups fresh lemon juice
2 cups sugar
2½ quarts water

LIMEADE — About 3¼ quarts.

2 cups fresh lime juice
2 cups granulated sugar
2½ quarts water

ORANGEADE — About 2⅓ quarts.

1 quart fresh orange juice
1 cup fresh lemon juice
1 cup granulated sugar
1 quart water

MINT LEMONADE

2 cups fresh mint leaves — wash mint and pick off leaves. Do not use stems.
1¼ cups lemon juice
1¼ cups granulated sugar
2 quarts cold water.

Place mint leaves, lemon juice and sugar in blender. Blend well.

Strain through fine strainer or cheese cloth.

Use water to rinse blender to obtain all the flavor. Strain into mint mixture. Mix well and serve over crushed ice with a sprig of mint.

MULLED CIDER

6 cups apple cider
2 cups unsweetened cranberry juice
2 tablespoons sugar
2 drops angostura bitters
1 stick cinnamon
1 teaspoon whole cloves
1 teaspoon whole allspice
3 oranges stuffed with whole cloves

Tie spices in a cheese cloth bag. Simmer all ingredients ten minutes.

Remove spice bag and serve hot in mugs or punch cups.

Oranges floating in bowl give a festive air.

Helpful Hint for Holiday Cheer — Make a wassail bowl.

Cool the mulled cider slightly and add 1 cup of rum before serving.

Yield: 2 quarts.

SPARKLING PARTY PUNCH
Recipe for 50

3 cups simple syrup
1 cup pineapple juice
2½ cups lemon juice
3½ cups orange juice
1 quart cranberry juice
2 large bottles of gingerale

Mix all ingredients together. Decorate with thin quartered slices of lemon and orange. In season, float slices of fresh strawberries and mint leaves on top of the punch in the bowl.

SIMPLE SYRUP

Mix 4 cups of sugar with 2 cups of water and boil for 5 minutes.

Use this syrup for sweetening punch and beverages.

Any remaining syrup may be stored in the refrigerator for future use.

Helpful Hint: Use bottled cranberry juice, or, if you prefer, make it this way: boil 1 pound of cranberries with 1½ quarts of water for 5 minutes and strain.

NOTES

Miss Hullings Celebrates

This week, through Saturday, Miss Florence Hullings will be celebrating her 42nd year in business in St. Louis, and the entire organization is whooping it up to make it something to be remembered.

Both the Locust Street restaurant and that at 8th and Olive will be featuring many of their award winning dishes, Miss Florence will be autographing her cookbook, there'll be cake decorating demonstrations, music for diners, and all the appurtenances of a real birthday party such as she deserves.

To help celebrate, we went to Mrs. Beulah McNulty, the "Miss Beulah" who is manager of the restaurants, and obtained these recipes which have never before been released for publication, and don't appear in the Hulling's cookbook, so they're real triumphs.

The three that are most asked for, Miss Beulah reports, are Spinach Salad, the Carrot Cake illustrated above, and German Potato Salad. Here they are:

RAW SPINACH SALAD
(6-8 Servings)

One qt. chopped spinach
One-fourth cup onions—chopped fine
One-half cup celery—chopped fine
One and one-half tsp. cider vinegar
One-half tsp. tabasco
One-half tsp. salt
Three hard boiled eggs-grated or chopped fine
One cup grated sharp cheddar cheese
One cup heavy mayonnaise

Be sure washed spinach is as dry as possible before chopping. Mix spinach, onions, celery, eggs and cheese. Blend tabasco and salt with vinegar. Add to spinach mixture. Fold in Mayonnaise just before serving. Serve on lettuce leaf with ½ tsp. horseradish on the side. Garnish with grated egg and cheese if desired.

GERMAN POTATO SALAD

One and one-half qts. sliced boiled potatoes
Three Tbsp. chopped onion
Three Tbsp. chopped pimento
One grated hard cooked egg
Two Tbsp. chopped parsley
Four strips bacon-fried crisp and dried
Two tsp. cider vinegar
Six Tbsp. seasoned vinegar

Use small red potatoes. Peel and steam or boil until tender. Slice thin while still warm. Add remaining ingredients and let marinate for 30 minutes. Add dressing, mix carefully, and serve hot or warm.

Note: You will need about 2 pounds of potatoes for this recipe. Yield—About 2 quarts of salad.

POTATO SALAD DRESSING

One-fourth cup flour
One-fourth cup sugar
One Tbsp. salt
Dash of white pepper
Six tsp. bacon fat
One half cup cider vinegar
One and one-half cups hot water

Bring water, vinegar and bacon fat to a boil. Mix dry ingredients, add to boiling mixture, stirring vigorously, and cook until clear.

AUTUMN GLOW CAKE
(Carrot Cake—Cream Cheese Icing)

One and one-half cups salad oil
Five whole eggs
One cup sugar
Two and two-thirds cups cake flour (unsifted)
Two tsp. baking powder
Two tsp. soda
One-half tsp. salt
One lb. carrots (ground in food chopper)
One-half cup chopped pecans

This cake is very easily mixed by hand or in a mixer. Blend oil, eggs and sugar on low speed until well mixed. Sift flour with baking powder, soda and salt and mix on low speed until well blended. Fold carrots and pecans in by hand. Spread into 2-9 inch; 3-7 inch greased and floured pans. Bake at 370 degrees for 35 to 40 minutes, or until done. Invert on a cake rack to cool. When cool, split the layers and ice each piece and the top and sides with the following icing. (We baked our cake in one large pan.)

CREAM CHEESE ICING

One-half pound cream cheese
One-fourth cup butter or margarine
One pound sifted powdered sugar
One tsp. vanilla

Cream all ingredients together until smooth.

ROAST BEEF HASH

Three cups lean cooked beef — chopped coarse
One and one-half cups boiled potatoes — chopped coarse
One and one-fourth tsp. salt
One-eighth tsp. pepper
One tbsp. chopped celery leaves
Two tbsp. chopped celery
One-third cup chopped onion
One tsp. butter or margarine.
Six tbsp. chopped green pepper
Three-fourth cup thin beef gravy or stock

Mix beef and potatoes with seasoning and celery leaves. Saute celery, onion and pepper with butter until clear. Add to above. Add gravy or stock last. Mix to combine. Spread in shallow (1½ quart) baking pan loosely and evenly. Do not pack. Bake 15-20 minutes at 350 degrees or until piping hot. Hash may be browned under the broiler if desired. This amount serves 6.

Here are several others that increase in popularity every day:

SOUTHERN HASH
(Serves 8)

One qt. lean roast beef — cut in ¾ inch cubes
One-fourth cup onions — chopped coarse
One-fourth cup celery — chopped coarse
One qt. raw potatoes — cut in ¾ inch cubes
Five cups beef stock (or very thin beef gravy)
Salt and pepper to taste

Trim all beef from fat before cubing. Add potatoes, onions and celery to stock and simmer until potatoes and celery are almost tender (10-15 minutes). Add the meat, cover and simmer until potatoes are tender. Adjust seasoning. If stock is used, thicken gravy with a smooth flour and water paste for desired thickness. The gravy should be thin.

NOTE: Specific amounts of seasoning are not given since meat and stock may provide proper seasoning.

BARBECUED CHOPPED BEEF

One lb. lean ground beef
One cup chopped onion
One-half cup chopped green pepper
One tbsp. cider vinegar
Four tsp. cloves
One tsp. salt
One cup catsup
Three tbsp. prepared mustard

Saute beef in very little shortening in a skillet until crumbly but not brown. Add onions and green pepper, cover and simmer 15 minutes. Add remaining ingredients, cover and simmer 15 minutes. Serve hot on a bun. Serves 6 to 8 generously.

MARINADE FOR STEAKS

One tbsp. salt
Two cloves garlic
Three tbsp. salad oil
Six tbsp. red wine vinegar
Two tbsp. Worcestershire sauce
Dash of Tabasco (optional)

Crush garlic with salt, add remaining ingredients and mix well. Pour over steaks in a flat pan. Marinate 6 to 8 hours in the refrigerator turning occasionally. Remaining marinade may be used to brush steaks during broiling. This amount is sufficient for 6 to 8 steaks.

POLYNESIAN CHOPS

Six thick pork chops (5½ oz.)
Three-fourth cup sliced almonds
One cup crushed pineapple
Three cups pineapple juice
One-half cup soy sauce
Three-fourth cup seasoned vinegar
One-half tsp. monosodium glutamate
One and one-half cups seedless green grapes
One cup cubed apples (leave skin on)
Two bananas — cut in ½ inch slices

Saute chops in a skillet until golden brown. Remove and set aside. Saute almonds in fat in skillet until golden brown. Drain off all excess fat. Add crushed pineapple and simmer 3 minutes. Add pineapple juice, soy sauce, vinegar and monosodium glutamate. Return chops to skillet, cover and simmer until chops are tender (35-40) minutes). Add grapes and apples during last 5 minutes of cooking time. Remove from heat and add bananas.

To serve: Decorate with mold of horseradish mousse. Decocrate with ½ steamed apple and mandarin orange slices if desired.

SEASONED VINEGAR

Two cups cider vinegar
One and one-half cups sugar
Two and one-half tbsp. salt
Two tsp. black pepper

Combine all ingredients. Mix well so salt and sugar are completely dissolved. This keeps indefinitely. Use for slaws, bean salads, cucumbers, or marinating cooked vegetables for salads. Be sure to stir each time before using.

HORSERADISH MOUSSE

One-half cup lemon gelatin
One cup boiling water
One cup ice water
One and one-half tsp. cider vinegar
One-half cup prepared horseradish
One cup whipped cream

Dissolve gelatin in boiling water. Add ice water and vinegar. Chill. Fold in horseradish and whipped cream. Pour into small individual molds and chill until set.

All of these demonstrate why all St. Louis wishes Miss Hulling a happy birthday. May she be with us for many more years.

BREAD PUDDING > MISS HULLING'S

Yield: 6 to 8 servings

4 cups white bread (cut into 1-inch cubes)
1/2 cup seedless raisins
2 2/3 cups milk
2 eggs
1 pinch salt
1/3 cup granulated sugar
1 teaspoon vanilla
2 tablespoons butter, melted
Sugar or cinnamon, for optional topping

1. Preheat the oven to 350 degrees. Grease a 2-quart casserole dish. Arrange bread cubes and raisins in the dish.
2. Heat milk in a small saucepan until bubbles start to form around the edges. Remove from heat. Let cool until warm.
3. Beat eggs in a bowl. Mix in milk, salt, sugar and vanilla. Pour over bread and raisins. Drizzle with melted butter. If desired, sprinkle with sugar or cinnamon.
4. Place the casserole dish in a baking pan. Pour hot water into the baking pan until the water reaches halfway up the sides of the casserole dish. Bake for 30 to 40 minutes or until a knife inserted into the center of the pudding comes out clean.

Per serving (based on 8): 200 calories; 7g fat; 4g saturated fat; 70mg cholesterol; 6g protein; 29g carbohydrate; 19g sugar; 1g fiber; 210mg sodium; 130mg calcium.
Adapted from "Miss Hulling's Favorite Recipes"

LEMON SAUCE > MISS HULLING'S

Yield: About 2 cups

2 cups water
1 cup granulated sugar
2 tablespoons cornstarch
Grated zest (colored portion of peel) and juice of 1 lemon
2 tablespoons butter

1. Bring water to a boil in a medium saucepan.
2. Stir together sugar and cornstarch. Pour gradually into boiling water, stirring briskly. Boil slowly for 8 to 10 minutes or until clear and glossy.
3. Remove from heat. Stir in lemon zest, juice and butter. Serve warm.

Per serving (based on 8): 140 calories; 3g fat; 2g saturated fat; 10mg cholesterol; no protein; 28g carbohydrate; 25g sugar; no fiber; 2mg sodium; 4mg calcium.
Adapted from "Miss Hulling's Favorite Recipes"

VANILLA SAUCE > MISS HULLING'S

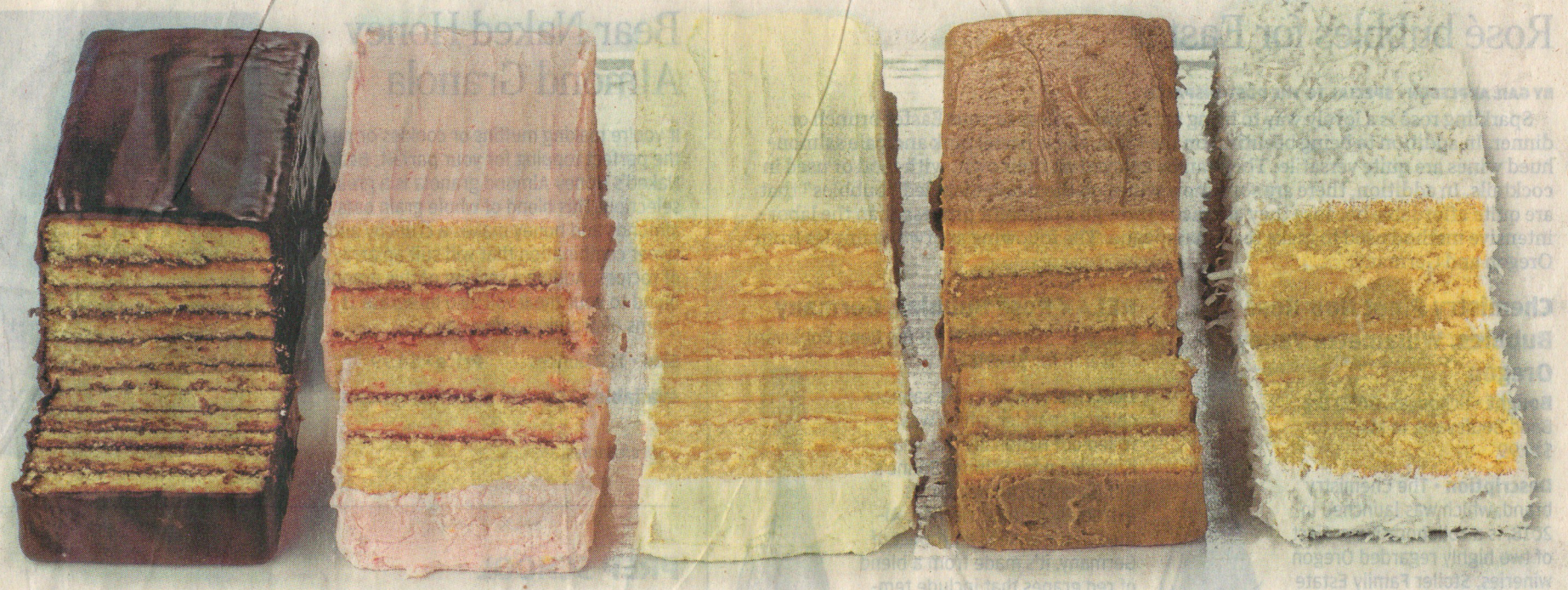
Yield: About 4 cups

2 1/2 tablespoons butter
4 cups milk
1 1/2 tablespoons cornstarch
1/2 teaspoon salt
6 tablespoons granulated suga
1 egg yolk
2 teaspoons vanilla

1. Melt butter in a saucepan. Add milk and bring to a boil.
2. Stir together cornstarch, salt and sugar. Stir gradually into boiling milk; cook until thickened, 3 to 5 minutes.
3. Beat yolk in a small bowl. Slowly stir in a small amount of the hot milk mixture. When well blended, stir yolk mixture into saucepan; cook until sauce lightly coats a spoon, stirring constantly. Remove from heat; stir in vanilla. Serve warm.

Per 1/2-cup serving: 160 calories; 8g fat; 5g saturated fat; 50mg cholesterol; 4g protein; 17g carbohydrate; 15g sugar; no fiber; 200mg sodium; 150mg calcium.
Adapted from "Miss Hulling's Favorite Recipes"

LET'S EAT



COURTESY OF STRAUB'S

Miss Hulling's split-layer cakes — chocolate, strawberry, lemon, caramel and coconut — at Straub's Fine Grocers

POST-DISPATCH

Florence Hulling Apted with a split layer cake, the biggest seller in Miss Hulling's bakeries. Printed in the Post-Dispatch on Feb. 27, 1967.

ARTWORK BY MARILYNNE BRADLEY

Marilynne Bradley captures the 1950s vibe of Miss Hulling's Cafeteria with its sleek entry, big-shouldered cars and crush of customers from ladies who lunch, office and factory workers, to businessmen.

A SWEET SLICE OF HISTORY

Miss Hulling's split-layer cakes — a St. Louis favorite — live on at Straub's

BY PAT EBY
Special to the Post-Dispatch

Unlike many historic St. Louis favorite bakery confections lost to time, the iconic split-layer cakes from the long-shuttered Miss Hulling's Bakery live on, and not just in memory. The cakes that defined generations of birthdays, showers, celebrations, dinner parties and personal indulgences are available today through Straub's Fine Foods.

The recipes for the chocolate and lemon split layer cakes have been one of the most popular reader requests at the Post-Dispatch. The sacrosanct formula has remained a trade secret that cannot be disclosed. Florence Hulling Apted, who died on April 3, 1984, at the age of 92, lives on in the fond memories of many St. Louisans.

Florence Hulling moved to St. Louis in 1908 hoping to find work with the telephone company. When she didn't get hired, she hired out as a private cook, and later worked at Child's restaurant from 1910 to 1930, when she opened her first restaurant in downtown St. Louis. Her husband, Stephen Apted, soon joined her in the business.

By 1957, Miss Hulling's restaurants served nearly 8,000 people each day, according to an article in Institutions Magazine. Her grandson, Dan Apted, worked with his grandmother at the 11th and Locust streets location from the time he was a sophomore in high school. He closed the store in 1994.

This story began when subscriber Toby Chod requested the recipe for Miss Hulling's chocolate split-layer cake after she and her husband, Steve, moved to Hilton Head, South Carolina. The search illuminated how much people still love these many-layered cakes.

"Our family birthday tradition after we moved to St. Louis was to buy two of Miss Hulling's split layer cakes, one chocolate and the other lemon," Toby Chod says. "Everyone got to choose his or her favorite flavor." Although she buys the cakes when she visits St. Louis, and Straub's will ship the cakes overnight, she would enjoy the challenge of baking these cakes at home.

At the Apted family events, however, different cakes took center stage. "The split-layer was the trademark cake for our cafeterias from back in the '30s. When we had family events, to be totally honest, my dad and my grandmother both liked our carrot cake with cream cheese icing," he said.

Please see **HULLING'S, Page L4**

Miss Hulling's recipes • Golden Butter Loaf With Chocolate Wonder Icing, Miss Hulling's Cornbread, Miss Hulling's Bread Pudding and Cottage Cheese Pie. **Page L4**

BYRON KERMAN

The Book House in Maplewood sells new, used, rare, and collectible books in Maplewood. Over the years, copies of "Miss Hulling's Favorite Recipes" have come in and out its doors.

Hulling's

From L1

"My grandmother ate very, very few sweets. She would just as soon have a little piece of a pear or peach. My dad needed a piece of cake now and then. It was almost standing joke in our family because he would bring home a big decorated cake, and we all wondered what would be inside that cake this time? He was not traditional," Apted says.

At Straub's, chocolate and lemon are by far the top sellers, Straub's general manager Tim Hollenbach says. These two cakes average seven to eight thin layers of goodness each. The chocolate cake gets encased in a boiled chocolate icing with a rich chocolate ganache filling between each layer. The lemon cake, frosted in a lemon buttercream, boasts a bright lemon filling, similar to lemon curd.

Caramel, strawberry and coconut cakes stand as tall as their counterparts, but with three layers each. Flavored buttercreams frost the caramel and strawberry cakes; sticky marshmallow frosting and coconut flakes top the coconut cake, with coconut custard between the layers.

"We use the original recipes from Miss Hulling's through an arrangement with Apted-Hulling," Hollenbach says. "We pay a royalty on each cake sold, and the recipes are not ours to share. We make these complicated cakes in-house at our bakery with a specially trained staff to maintain the highest quality. Each layer is baked in a full sheet-pan size, filled and layered. Once this is done, we cut each cake." The cakes, which are then frosted or iced, are picture-perfect loaves, revealing their layered beauty when cut.

The cakes are baked to order and must be ordered 48 hours in advance. Luckily, locals can order and pick up their cakes at Straub's locations. Locals and out-of-town folks can order online as well. Straub's freezes, then ships the cakes overnight to ex-pats hungry for the sweet taste and sweeter memories of times shared with friends over cake and conversation.

Connections of St. Louisans to Miss Hulling's run deep, as evidenced by the high prices paid for the 1969 cookbook, "Miss Hulling's Favorite Recipes." The cookbooks are so prized by collectors they sell for $125 to $800 at booksellers nationwide.

At the beginning of March, Michelle Barron, owner of the Book House in Maplewood, located a copy in her warehouse. Before we could photograph it, the book sold for $125. "We would be very interested in copies of Miss Hulling's books," she said.

Book House owner Michelle Barron

BYRON KERMAN

Owner Michell Barron at the Book House in Maplewood recently had two copies of" Miss Hulling's Favorite Recipes" in stock in her warehouse.

For artist Marilynne Bradley, trips downtown included a stop at Miss Hulling's Cafeteria. "It was a rare thing when we went downtown, but when we did Miss Hulling's was the place to go for lunch, and to have that great cafeteria experience," she says.

She later immortalized the 1950s era at Miss Hulling's in a lively watercolor that tops the Miss Hulling's entry on her friend Harley Hammerman's Lost Tables website.

She continues to document the restaurants of St. Louis, then and now. "I don't know how many restaurant paintings I've done — probably over 60, many of which are no longer around," she says.

For eateries long closed, she consults with her friend Greg Rohmberg, whose far-ranging collections include neon signs and ephemera of St. Louis. Prints of her painting of Miss Hulling's, and of many other St. Louis landmarks and restaurants, can be found on her website, marilynnebradley.com.

Former Sen. Jean Carnahan also chronicled the relationship of Miss Hulling's to her city in a lively post on her blog, Good Food St. Louis. "Sixty-five years after the first restaurant opened, the last of the [Miss Hulling's] restaurants closed. For many of her culinary fans, it was akin to losing the Rams football team. But all was not lost. Today Straub's Bakery offers the multi-layered cakes to customers each day. The sweet tradition lives on."

We did find a few other Miss Hulling's recipes in our archives. Find them at right.

Miss Hulling's lemon split-layer cake is sold at Straub's markets.

HILLARY LEVIN, POST-DISPATCH

Cottage Cheese Pie from Miss Hulling's

Cottage Cheese Pie

Yield: 6 to 8 servings

1 pound dry cottage cheese (2 cups well drained)
1 cup granulated sugar
1 tablespoon all-purpose flour
¾ teaspoon salt
3 eggs
1 ¼ cups half-and-half
⅓ cup milk
2 tablespoons lemon juice
1 teaspoon grated lemon zest
½ cup raisins
1 (9-inch) unbaked pie crust
Ground cinnamon, optional

Note: We had to use a food processor to achieve a smooth purée of the cottage cheese, sugar, flour and salt. We transferred the puréed mixture into a bowl and used an electric mixer to beat in the remaining ingredients. Also, we used a 9-inch pie plate but had about 1 cup filling left over. We suggest using a deep-dish pie plate.

1. Preheat oven to 475 degrees. Beat cottage cheese with sugar, flour and salt until smooth (see note). Continue beating while adding eggs one at a time. Add half-and-half, milk, lemon juice and zest. Mix to blend well.

2. Sprinkle raisins over bottom of pie crust. Pour in cheese filling. Sprinkle lightly with cinnamon.

3. Bake for 10 minutes, then reduce heat to 375 degrees and bake for 30 to 35 minutes longer or until knife inserted in center of pie comes out clean.

Per serving (based on 8): 454 calories; 16g fat (31% calories from fat); 131mg cholesterol; 20g protein; 59g carbohydrate; 1g fiber; 1,079mg sodium; 117mg calcium.

Adapted from "Miss Hulling's Favorite Recipes"

Golden Butter Loaf With Chocolate Wonder Icing

Yield: 12 servings

For cake
1 cup (2 sticks) butter, at room temperature
1 ½ cups granulated sugar
3 eggs
3 cups sifted cake flour (sift before measuring)
1 tablespoon baking powder
1 cup milk
1 teaspoon vanilla

For icing
3 (1-ounce) squares unsweetened chocolate, melted
6 ounces cream cheese, at room temperature
6 tablespoons half-and-half
1 pinch salt
About 5 cups sifted powdered sugar (sift before measuring)
1 teaspoon vanilla

Note: You can split the loaf cake and use the icing to frost the layers and top.

1. Preheat oven to 350 degrees. Grease and flour a 10-inch tube pan.

2. Beat butter and sugar until light and fluffy. Continue beating while adding eggs one at a time.

3. Sift together flour and baking powder. Add to butter mixture alternately with milk. Add vanilla. Pour batter into pan.

4. Bake until done, 45 to 50 minutes. Remove from pan when almost cool. Let cool completely.

5. Melt chocolate in a metal bowl set over a pot of warm water or in a glass bowl in the microwave on medium power.

6. Beat together cream cheese, half-and-half and salt. Add powdered sugar gradually, mixing until smooth. Add melted chocolate and vanilla; mix until well blended.

Per serving: 675 calories; 27g fat; 16g saturated fat; 110mg cholesterol; 7g protein; 102g carbohydrate; 77g sugar; 1.5g fiber; 230mg sodium; 90mg calcium.

Adapted from "Miss Hulling's Favorite Recipes"

Miss Hulling's Cornbread

Yield: About 9 servings

1 cup white cornmeal, plus more to dust pan
1 cup yellow cornmeal
1 ¼ teaspoons baking powder
¾ teaspoon baking soda
1 ½ teaspoons salt
1 ½ teaspoons granulated sugar
1 egg, well beaten
2 cups buttermilk
½ cup bacon fat or vegetable shortening, melted and cooled

Note: For an extra-crunchy top, sprinkle lightly with cornmeal before baking.

1. Preheat the oven to 450 degrees. Grease a 9-by-9-by-2-inch baking pan; dust with cornmeal.

2. Sift or whisk together white and yellow cornmeal, baking powder, baking soda, salt and sugar in a large bowl.

3. In a medium bowl, stir together egg, buttermilk and melted fat. Add all at once to dry ingredients. Stir just until combined. Pour into prepared pan.

4. Bake until lightly browned, 20 to 25 minutes.

Per serving: 265 calories; 13g fat; 5g saturated fat; 35mg cholesterol; 5g protein; 32g carbohydrate; 4g sugar; 1g fiber; 650mg sodium; 80mg calcium.

Miss Hulling's Bread Pudding

Yield: 6 to 8 servings

4 cups white bread (cut into 1-inch cubes)
½ cup seedless raisins
2 ⅔ cups milk
2 eggs
1 pinch salt
⅓ cup granulated sugar
1 teaspoon vanilla
2 tablespoons butter, melted
Sugar or cinnamon, for optional topping

1. Preheat the oven to 350 degrees. Grease a 2-quart casserole dish. Arrange bread cubes and raisins in the dish.

2. Heat milk in a small saucepan until bubbles start to form around the edges. Remove from heat. Let cool until warm.

3. Beat eggs in a bowl. Mix in milk, salt, sugar and vanilla. Pour over bread and raisins. Drizzle with melted butter. If desired, sprinkle with sugar or cinnamon.

4. Place the casserole dish in a baking pan. Pour hot water into the baking pan until the water reaches halfway up the sides of the casserole dish. Bake for 30 to 40 minutes or until a knife inserted into the center of the pudding comes out clean.

Per serving (based on 8): 200 calories; 7g fat; 4g saturated fat; 70mg cholesterol; 6g protein; 29g carbohydrate; 19g sugar; 1g fiber; 210mg sodium; 130mg calcium.

Adapted from "Miss Hulling's Favorite Recipes"

Neman

From L1

But when you think about something all day long, when you analyze it, when you intellectually break it down to see how it works, then it becomes something less than it once was.

That's when it becomes a job.

I have been cooking for 40 years, and enjoying every minute of it. Not only do I love the creativity of throwing ingredients together in a hot pan, or slowly heating an assembly of meats and vegetables in the oven, I get to eat a delicious meal when it is done as an added benefit.

Along the way, I have picked up some knowledge about the subject. But that doesn't make it a hobby, does it?

Regular readers will know that during the current pandemic, I and basically everyone I know regularly started baking bread. But I have continued doing it, turning out two or three loaves a week. I continue to tweak my recipes and technique, making slight adjustments that incrementally refine and change the end results.

The bread I make most frequently uses four different kinds of flour: all-purpose, bread, whole-wheat and a fancy all-purpose flour made from crunchy winter wheat.

But even that was not enough for me. I craved, absolutely craved, a French-style flour that is high in minerals and has more protein than all-purpose flour but less than bread flour. Obviously, you can't make a true French-style baguette without French-style flour.

I recently bought six pounds of it. Including shipping, it cost me 30 bucks. I quickly set about to make a batch of three baguettes. They were absolutely heavenly.

But then it struck me: I'm delving into the minutia of flour, its protein and its minerals. I am spending a fair sum of money on highly specialized ingredients.

Maybe I have a hobby after all.

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